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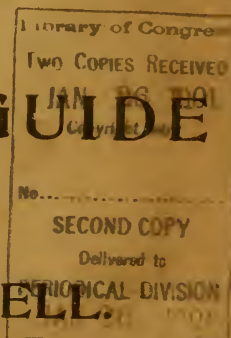
ICE HOCKEY

AND

ICE POLO GUIDE

BY

ARTHUR FARRELL.



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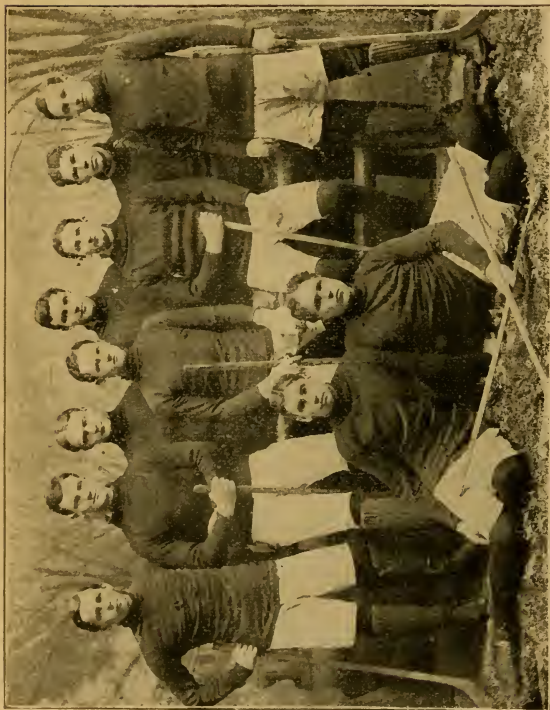
Compiled by
ARTHUR FARRELL

Shamrock Hockey Team, Montreal



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YALE HOCKEY TEAM.

INTRODUCTION

With the natural modesty becoming to a player who is still in the game, the author feels that he should assure his friends that, in his present undertaking, he has been prompted more by the demand—in fact, the necessity of a book on hockey—than by any impression of confidence in his ability to do justice to the subject.

To realize the necessity of a book that explains rules and the intricacies of the play of this glorious sport, one has but to travel to some town where the game is just developing from its infancy, where the players are scarcely able to appreciate its scientific points, and he will readily perceive that it is a long-felt want. Situated at a distance from the hockey centres, a young team cannot, by their own interpretation of the rules—without hints or instruction, without seeing the more practiced men at play—arrive at a thorough appreciation of these rules, or grasp with sufficient clearness the idea, the objective point of this noble sport, until they are grown old and stiff.

Besides, our younger enthusiasts, even in cities where they enjoy every advantage of learning the game, are deficient in their knowledge of the rules and the fine points of the game, because, perhaps, they have never had a clear explanation of the same. They need, too, a guide to help them to more quickly perfect themselves in their favorite pastime, and to avoid the dangers to which every player, however careful, is exposed.

A few random hints on the essential requisites of the game, on practice and scientific plays, should prove of some value to a careful reader.

To fill this necessity, to supply a demand that increases as the love of hockey spreads, to help educate the younger players, and to endeavor to make this exhilarating sport even more popular, the author assumes the pleasant task of writing this little essay, sincerely hoping that it may prove instructive to those who have not yet figured in senior ranks, and not uninteresting to those who have.

THE AUTHOR.

1901



QUEEN'S COLLEGE HOCKEY TEAM.

THE ROYAL GAME OF HOCKEY

Hockey! Fast, furious, brilliant, it is a most popular winter sport. Verily, it is the game of games. Offspring of "Our Lady of the Snows," hockey is, among her many, varied games, the most fascinating, the most exciting, the most scientific.

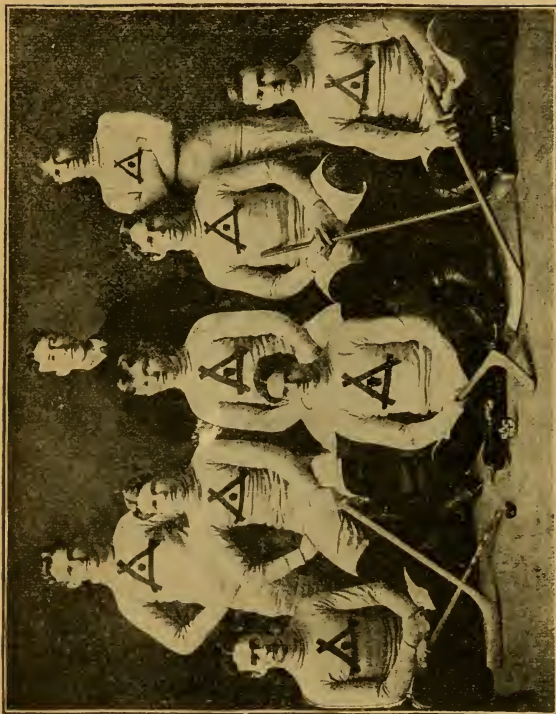
Played in every city, town, village and hamlet in Canada, it has aroused more public interest, more enthusiasm than any athletic pastime that the votaries of sport have yet enjoyed, and as the succeeding years glide by it grows in popular favor.

But Canada no longer has a monopoly of the sport. The United States have the fever, and ice hockey is now a recognized winter sport where a few years ago it was unknown.

Rinks are springing up everywhere, and even their greatest capacity cannot accommodate the enthusiastic crowds of spectators who rush to witness an exciting match; and even in distant Europe teams have been organized in Glasgow, London and Paris. It is a regular occurrence for clubs to send their representatives thousands of miles to meet their adversaries in a friendly match. Teams from Manitoba and Nova Scotia have repeatedly visited Montreal, and clubs from the latter place have returned the compliment. Nearly all of Canada's leading sevens have delighted audiences in different cities of the United States, and American players cross the border to chase the puck with them. Indeed, it will not be surprising if, some day, an enterprising team sails the broad Atlantic to cross sticks with an English or Parisian aggregation.

The infatuating influence of the game has drawn together large crowds to witness hockey matches, and the wildest. Reports from every city in the United States and Canada tell encouraging tales of the growth of the game and of the strides that it has made in popularity.

It is not difficult to speculate on the probable future of this noble game. One can see arenas in every large city crowded to the doors with enthusiastic spectators, and whereas we now have only a few first-class teams, we will soon have a hundred, because hockey is a game that fascinates the player and thrills the spectator.



P. A. C. HOCKEY TEAM.

ORIGIN OF HOCKEY

“ How entrancing the sight ! what life is around !
The air is so bracing ! the snow on the ground '
The glimmering steel in its flash on the eye,
Marks out the line, as the skater goes by.”

Webster's definition of hockey reads as follows: “A game in which two parties of players, armed with sticks or clubs, curved or hooked at the end, attempt to drive any small object (as a ball or a bit of wood) towards opposite goals.”

The learned lexicographer must, of course, refer to the game of hockey as played in England, or to the game as played in Canada in the good old days when anything from a broom-handle to a shillalah was used as a hockey stick, and a tin can rendered service as a puck.

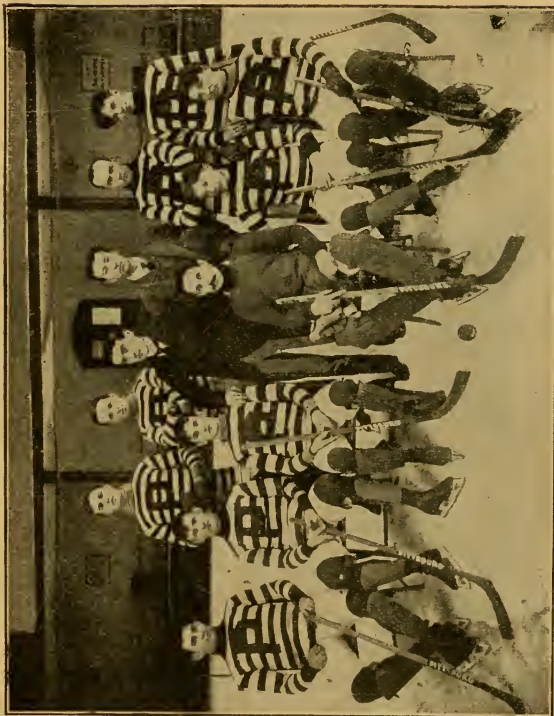
“ O list, the mystic lore sublime,
The fairy tales of modern time.”

To trace back the sport to its very birth is not within the province of this little work; besides, its earliest history seems lost in a background of Egyptian darkness.

Truly, it is a fact, though, that the foundation of hockey was laid on “any small object and a curved stick,” for the remotest recollections of the oldest players bring them back to the time when these formed the materials of the sport.

A few words, however, on the probable origin of “shinny” will not be amiss in this chapter, as few, very few, know the source from which the game developed.

It is difficult to precisely say from which particular sport “shinny” and hockey are directly sprung. The warlike Romans enjoyed a peculiar game that is most likely the precursor of hockey in England, “hurley” in Ireland and “shinty” in Scotland, which, in point of fact, are now one and the same. A leather ball stuffed with feathers,



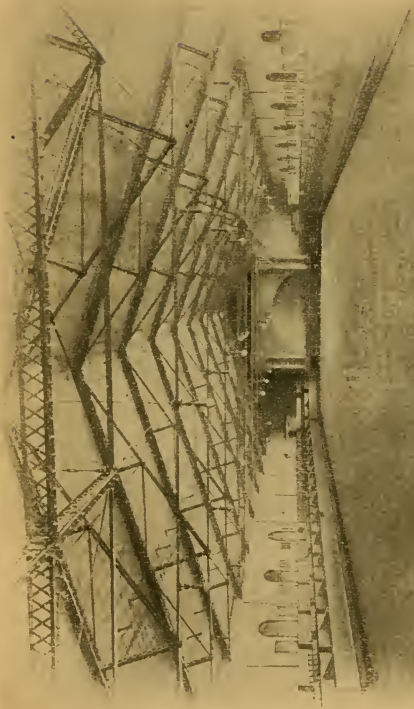
ALL PITTSBURG HOCKEY TEAM.

and a bat or a club, were the essential requisites of the game, and the object was to knock the ball to a certain boundary line and thereby score a point.

The original Scotch "shinty" resembled it more closely than did "hurley" or English hockey, but savored a trifle more of Canada's winter sport, although, in the mildest of sarcasm, it is not probable that the votaries of the former sport would find anything of excitement in ours. It was played on the hard, sandy sea-beach, with two or three hundred on each side, and their materials, or rather weapons, consisted of roots of trees, with a hard wood knob for a ball. History does not relate the number of casualties that occurred in these matches, of which the most important took place on New Year's day, but if our imagination be given scope the effect is anything but pleasant.

Of all the games that developed from the old Roman sport the British hockey alone shaped the destiny of ours. There can be but little doubt but that "shinny," the forerunner of our scientific hockey, is the interpretation of the game as played on this side of the water, adapted in its application to the climate of the country. Hockey in England is played in the winter on the frozen ground. It consists in driving a ball from one point to another by means of a hooked stick. The players are divided into two teams, each of which has its goals, which are fixed towards either end of a tolerably spacious ground. The goals are two upright posts, about six feet apart, with a cross pole placed at the height of four feet. Through these the ball must be driven in order to score a point. As regards the playing of the game, it is unnecessary further to speak, because it bears but little reference to hockey as played in Canada and the United States. Suffice it to say that in the shape of the sticks, not limited in their proportions, in the nature of the object that was used as a ball, in the unlimited number of the players and in its principles, it is the parent of "shinny on the ice."

Shinny, so called, perhaps, on account of the frequent danger to which a player's shins were exposed, was a grand, exhilarating sport. It had a hold upon us that the chilly atmosphere, or "the love we bore for learning," could not unfasten. Boys swarmed to the lake; in battalions and rattled along on old iron or wooden skates tied to



INTERIOR DUQUESNE GARDENS RINK. PITTSBURG, PA.

JAMES W. CONANT, Manager.

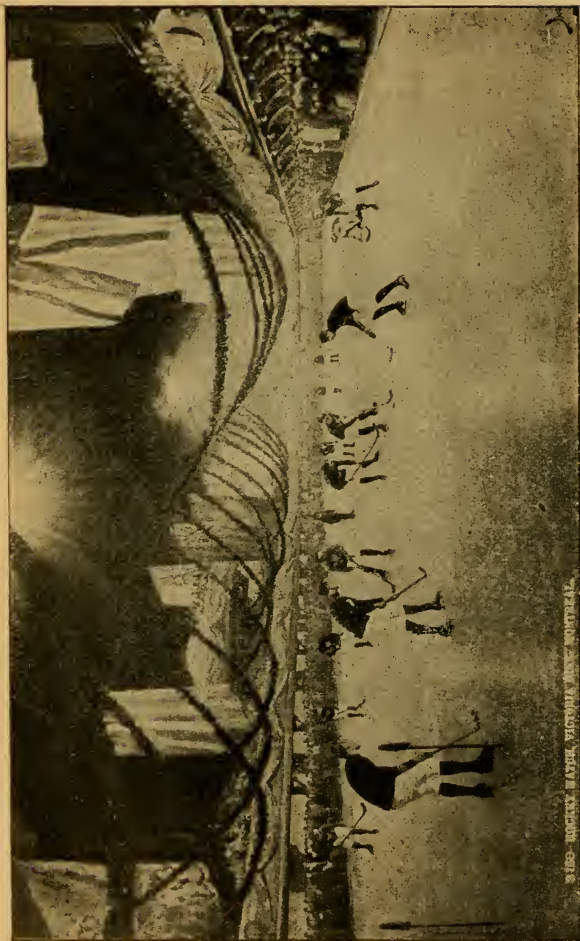
their feet with rope. A few broken bones, a few frozen fingers, but, never mind, there were plenty of men to replace the dead. What a sight did a shinny match present! Hundreds on the same sheet of glare black ice, all eagerly engaged in one glorious game. What laughing, calling, cheering and chasing there was to be sure! With their bright eyes and rosy cheeks they dart now in one direction, now in another, till the great congealed bay roars and cracks with its living weight. The ball is in all directions in seconds of time, till finally the vast struggling crowd surges toward the goals, surrounds them, and a fierce, lucky swipe knocks it through, while a hundred lusty voices cry their loudest: "Game! Game!"

Like the fabled Greek who used to give his time so undividedly to his work that he forgot his meals, these enthusiasts of an infant game forgot their meals, forgot their schools, forgot everything save the game itself, but when darkness came on and their shadows grew longer, they returned home, with fresh air in their expanded lungs, strength in their limbs, and with a keen, bright eye, "seeking what they might devour."

As time wore on, the gradual development of rules and regulations wrought, in this warlike pastime, the important changes that were, in time, to give birth to the science that characterizes hockey as the peer of clean, exciting, fascinating games.

Twenty-five years ago hockey, as played to-day, was an unknown sport. Shinny was played on the lakes, rivers and canals throughout the country, but only a discerning eye could discover in this crude, but infatuating amusement, the grand possibilities that a refined game could offer. Without restrictions as to the proportions of the stick, the nature or quality of the puck, the size of the playing space on the ice, or the number of the players, the sport could not develop into a scientific game until such time as it would be discussed and regulated by those who sought its advancement.

To the McGill College and Victoria hockey teams of Montreal the game of hockey owes its present state. These two were the first regularly organized hockey clubs in the world, the former preceding the latter by a very short time. Previous to the formation of the above organizations about 1881, teams existed in Montreal and Quebec, but the only rule that was well defined was the one which



MONTREAL VS. VICTORIA, AT THE VICTORIA RINK, MONTREAL, JANUARY, 1897.

A CHAMPIONSHIP MATCH IN THE SENIOR SERIES OF THE AMATEUR HOCKEY LEAGUE
OF CANADA.

demanding that every man should "shinny on his own side." Do what you might, play on what you liked or with what you liked—and as long as you shinnied on your own side you were within the law.

All kinds of sticks were used, long knotted roots, broom handles, clubs, and all kinds of skates were employed, from long, dangerous reachers to short, wooden rockers. On each particular occasion the captains agreed, before the game, upon the rules that they would abide by or disregard, so that the rules that governed one match might be null and void for another. The puck was a square block of wood, about two cubic inches in size, on which a later improvement was the bung of a barrel, tightly tied round with cord. Body checking was prohibited, so was lifting the puck; if the puck went behind the goal line it had to be faced; the referee kept time and decided the games; the goal posts, placed, at times, like ours, facing one another, were also fastened in the ice in a row, facing the sides, so that a game might be scored from either road, the forward shooting in the direction of the side of the rink, instead of toward the end, as we do.

As soon as the Montreal Victorias were organized, the secretary of that club wrote to every city in Canada for information regarding the rules of hockey, but the result was unsatisfactory, because he could get none. When, shortly after, the Crystals and M. A. A. A. had formed teams, and the Ottawas and Quebecs had come into existence, the first successful matches, played under a code of rules that had been drawn up and accepted, were brought about by the challenge system. The first series of games took place during the first winter carnival, in 1884, and was played on the cold river rink, and the second during the second carnival, in the Victoria rink, "when," as history relates, "the players were slightly interfered with by the erection of a large ice-grotto in the rink."

In 1887 the challenge system was done away with, and the Victorias, Crystals, Montrealers, Quebecs and Ottawas formed the Amateur Hockey Association of Canada, which, in the good effects that it has produced, constitutes the second epoch in the history of the game, because from this date hockey made rapid strides in its advancement as a popular, scientific sport.

The game was first introduced into the United States some years



W. P. Grant.
Gillelan.
Drinkwater.
MacDougall. W. Jack (Hon. Vice-Pres.)
Henderson. Wilson (Pres.) McLea.
Davidson. Meredith (Hon. Pres.) R. E. MacDougall.

VICTORIA HOCKEY CLUB, OF MONTREAL.

ago by a Montrealer, Mr. C. Shearer, who was studying in the Johns Hopkins University, Baltimore.

He formed a team among the students of the college, and was successful in inducing the Quebec team, which was the first Canadian seven to play across the border, to travel to the Oriole city for a series of games. In 1895 the Shamrocks and Montrealers, of Montreal, delighted audiences in New York, Washington and Baltimore. Since that time the Queen's College team has played in Pittsburg, and nearly all of Canada's leading clubs have sent their representatives to play in the different American rinks.

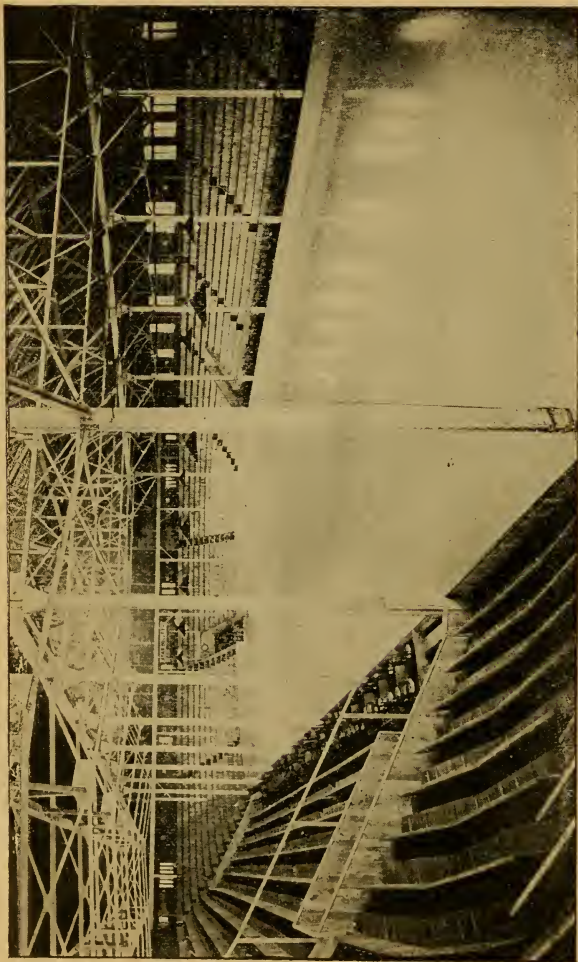
The game in the United States now made rapid strides. Colleges and schools took an interest in the game and organized teams, schedules were drawn up, the public flocked to the rinks to see the games, and now it is a most popular winter sport.

Artificial rinks are found in the principal cities of the country, and afford to players a great advantage, as there is never a scarcity of ice. They are opened in the autumn and remain open for skating until spring; besides, being comparatively warm, spectators are not kept away from them, however inclement the weather may be. A short time ago almost any Canadian team could defeat, with comparative ease, the best seven that could be found in the United States. But now a different complexion colors the comparison between the clubs, because several teams have arrived at such a high degree of science in the game, that the excellence of their playing makes them eligible to honorably compete with the peers of the game in Canada. Indeed, it seems that the day is not far distant when the holders of the highest honors in hockey matters will have to look to themselves if they wish to successfully defend their laurels against a worthy opponent.

Hockey was first played in Europe by another Montrealer, Mr. George A. Meagher, world's champion figure skater, and author of "Lessons in Skating."

In Paris the first European team was formed, and the gay Parisians took most enthusiastically to it. London boasted of the second club in Europe, and in less than one season more than five teams chased the rubber disc in that city.

Scotland was the next country to enjoy the game. In the artificial



MONTREAL HOCKEY RINK.

ice palace, Sauchiehall street, Edinburgh, the first practices were held, and so proficient did the canny Scotchmen become that a game with the team of the Palais de Glace in Paris was arranged. A series of six matches was played in one week with the French team, and the crowds that witnessed the games fairly raised the roof with their clamorous applause. The "Figaro," the leading newspaper in France, described hockey as a game that promised to excel all other sports in Paris in point of popularity and "scientific possibilities."



SHAMROCK HOCKEY TEAM OF MONTREAL.

HOCKEY AS A GAME

Every game, any game, aids considerably in developing a player's mind, and for hockey, a follower of the game may claim all the good effects in mental training that any other branch of sport provides, and more. The very adhering to the rules, the spirit of fair play that characterizes a manly game, the overcoming of all fears and all difficulties, the modest victory, the frank acknowledgement of defeat, all tend to build up, to educate, the mental faculties, just as the long practice, the swift race, and the hard check help to develop the physical man.

At a dinner once tendered to a champion team, a prominent banker, in speaking of the effects of sport in general and hockey in particular, said "that a good, clean sportsman was an acquisition to any commercial house," and his statement is correct.

A fast game like hockey, when the scoring of a goal, the winning of a match often depends upon the immediate execution of an idea that a player has scarcely the time to grasp, accustoms a man to think quickly and act promptly. Surrounded so closely by thousands of inquisitive eyes, the hockey player is almost prevented, through the reasonable fear of being promptly called to order, from indulging in any unbecoming work, of which, perhaps, in other games he might be guilty. Besides, the referee of a hockey match is so strongly backed by a clear code of rules, and has such an unobstructed view of the game, that the strict and continued observance of his omnipotence develops a certain character in a player, that has its good effects in after life.

As a muscular developer it stands without an equal, which to doubt would be a confession of one's ignorance of the game. The act of skating frontwards and backwards, not to mention the numerous times when occasion demands that we should go sideways, too, develops the muscles of the legs and back and expands the lungs, and



VICTORIAS OF MONTREAL.
TAKEN IN QUEBEC IN 1881.

one rush down the ice, twisting and turning, and being twisted and turned, exercises the muscles in the neck, the sides and the stomach.

The multiplex movements required in manipulating the stick, call into play, by shooting in the different ways, in checking, and in dodging, nearly every other muscle in the human frame, and, as in other games of great dexterity, the eye is quickened, brightened to a degree of judgment.

The proof that in a game of hockey every muscle receives its due exercise, is this, that after the first few practices, before he is "in condition," a player feels sore and stiff in every muscle of his body.

Being practically an out-door sport it is exhilarating and healthy, and productive of an absorbing appetite, which latter is borne out by the statement of an hotel keeper who once said that "a hockey team can eat more in a limited time than a team of footballers, or a lacrosse twelve with all their spares and coaches."

Speaking of skating as an exercise, Solzman, in his incomparable work on the subject, says:—"I am come to an exercise superior to anything that can be classed under the head of motion. I know nothing in gymnastics that displays equal elegance, and it excites such divine pleasures in the mind of the performer that I would recommend it as the most efficacious remedy to the misanthrope and the hypochondriac. Pure air, piercing, bracing cold, the promotion of the circulation of the different fluids of the body, the unalloyed and mental satisfaction of the various skilful movements, must have a powerful influence, not only on the frame of man, but on his mind likewise. Frank wishes that skating were universally introduced, as I know of no kind of motion so beneficial to the human body or more capable of strengthening it." Add to this the pleasure, the excitement afforded by a good, clean game of hockey, and we have an ideal sport.

The men who play are, as a general rule, those who excel in other lines of athletic sport. If it is an easy matter to point out a footballer, or a lacrosse player, who is ignorant of other games, it is difficult to mention a hockey player who does not shine as an athlete in other branches. It seems that a hockey player, in playing the game, makes use of all the science he acquires in practising other sports, without the roughness. So much time is required to master



Logan (Sec.)	White.	Howe.	Bruce.	MacDonald.	
Johnston.		Strong.	Nixon (Pres.)	Robinson.	Boswell. Code (V.-Pres.)
		Campbell.	Armstrong (Capt.)	Howard.	Benson.
		Merritt.	Bain.		

VICTORIA HOCKEY CLUB, WINNIPEG,

the science of the game, to merit the name of expert, that circumstances have excluded from it the ruder, undesirable element, and it shall remain our royal game, because, in the clearness, the conciseness of its rules, in the scientific points of its play, in the social standing and the "bon hommie" of its players, it has yet to find an equal. So long as it remains free from the taint of professionalism it will remain dear to the hearts of all true sportsmen, all good athletes, but as soon as this vice creeps in the knell will sound for its death as a popular pastime. Because when a monetary consideration depends upon the result of a match in which professionals figure as participants, roughness, brutality, will characterize it, to the disgust of the spectators, whose attendance sustains the interest and provides the sinews of war which keep the game alive. Moreover, the athletic vice of professionalism should be stamped out for this reason, especially, that when a young man sees his way clear to earn a livelihood at sports, he will seldom fail to throw away on them the most valuable time of his life, by neglecting the duties that his age demands.

The sight afforded by a scientific hockey match acts upon the spectators in a variety of ways. Cold, uncomfortably cold, before the game begins, they are gradually worked into a state of warmth by an excitement that makes them forget the weather, their friends and everything but the keen scientific play in progress.

Without comparing it to an oil painting of a chariot race, an Indian buffalo hunt or a fierce battle, what is prettier than the spectacle that a good game presents, of four stalwart, shapely forwards tearing down the ice, playing their lightning combination, of a brilliant rush stopped by an equally brilliant defence play, of a quick dash through a struggling mass of excited players, or a ziz-zag, twisting, twirling, dodging run to score a deciding goal?

The pure air, the bright lights, the merry, laughing girls, the noisy enthusiastic boys, and age that's not too old to still enjoy the pleasure of a fascinating game, all combine, with the keen ice and the fast play, to make hockey the king of infatuating sports.

Essentially an exciting game, hockey thrills the player and fascinates the spectator. The swift race up and down the ice, the dodging, the quick passing and fast skating, make it an infatuating game. From the time that the whistle blows for the face-off until the excit-



OTTAWA HOCKEY CLUB.

ing moment when the gong announces the end of the match, the players are rushing, struggling and the spectators straining their eyes to catch every glimpse of the play.

Fast! It eclipses other games in this respect. Never a second to lose, never a moment to spare—an opportunity once lost is gone forever—and even one little slip, one miss, one fumble, is oftentimes the loss of a match.

So fascinating is the game to a man who rivets his attention on the play, that even the most thunderous applause, if he hears it at all, sounds like the far-off echo of a rippling brook, because he is engaged heart and soul in his work.

The convincing, the clinching proof of the fascination of the game is this, that even the gentler sex, not satisfied with enjoying it from the standpoint of spectators, have graciously added their own to the many charms that it already boasts, by bravely lining up to meet, in gentle combat, their tender adversaries.

It is surprising how many ladies' teams exist in Canada, and although we do not read of fast, exciting games between these graceful votaries of the sport, it is a slow, small town that can glory in not one such. Thus, hockey players may flatter themselves that their game is honored in a way that no other of the kind may claim.



SCENE IN ST. NICHOLAS RINK, NEW YORK.
GEO. D. PHILLIPS, Manager.

EQUIPMENTS FOR HOCKEY

For many reasons the quality and species of the skate is a most important consideration to a hockey player.

Imagine a man in a championship match wearing a pair of sheep's shank bones, fastened to his feet with hide cords, as the Scandinavians, Hollanders and the English used before the year 1650.

The evolution of the first contrivance for locomotion on ice has brought to us, after years of improvements and new inventions, the desiderata for general, speed, figure-skating and hockey.

We have the long, thin, flat skates, after the Norwegian pattern, for speed work; the Peck & Snyder, for fancy skating, and the regular "Peck & Snyder Expert" hockey skate, for our game. As hockey developed into a scientific game from the crude shinny, skill and experience have turned the art of hockey-skate-making into a science, and for some time past each succeeding year has seen the death of an old shape and the birth of a new. A hundred shapes and patterns have faded into the past, and a hundred new ones have risen to succeed them.

The hockey skate should be just high enough to prevent the plate or the sole of the boot from touching the ice when turning or cutting corners, because a low skate is not so straining on the ankle as a high one. The blade should be long enough and sufficiently flat on the ice to admit of great speed, but should not project at the toe or heel so much as to trip the skater on any occasion, and should be curved slightly in front and behind in order to allow of quick turning. Although it should be so pointed as to enable a player to begin a rush by running on the toes, these should not have a distinct, projecting point, but should be so shaped that they will admit of this start, because a sharp projection is often the cause of a nasty fall and also of a dangerous cut to the wearer of the skates or to one of his opponents.



OTTAWA INTERMEDIATE HOCKEY CLUB.

A good hockey skate should be a combination of great strength and lightness of weight. It should be strong because the thousand twistings and turnings of a player strain every inch of the blade, each plate and every rivet; it should be light because the lightness of the skate adds to the swiftness of the skater, and because a heavy skate is tiring. To again refer to the length of the skate, the blade should project about an inch in front of the toe of the boot and an inch or a little more behind the heel, and the width of the bottom of the blade should retain the same thickness from toe to heel, or rather on that part of blade that touches the ice when a skater maintains a standing position. The two ends back and front should taper slightly in width, becoming thinner toward the points.

A player's clothes should be light enough to be of no perceptible weight, and warm enough to insure him against catching cold. A moderately heavy sweater, pants padded at the hips and knees and heavy stockings with a suit of light underwear are the necessary articles of clothing for a hockey player.

Hats are not needed if the hair is allowed to grow moderately long; in fact, they are an unnecessary extra.

Gloves, thin enough to permit the player to retain a firm, sure grasp of his stick, are used to prevent the hands from being cut on the rough ice after a fall. It is advisable to wear shin guards and any other appliances that afford protection. Unless a player's ankles are weak, or his boots too large, straps should not be used, because they are of no other value than to strengthen the ankles, which, with practice and well-fitting boots, do not, or should not, need support.

The hockey stick is the requisite next in importance, but as it will be treated in another chapter no further mention of it will be made here.



THE WANDERERS OF HALIFAX.

POINTS OF A GOOD PLAYER

"He thinks too much ; such men are dangerous."—SHAKESPEARE.

Coolness, in hockey parlance, is the power and practice of taking time to think out a move. A player must be cool-headed to a degree that verges on slowness, because, so fast a game is hockey, that an expert player, an experienced team, should take advantage of every opportunity that the changing plays present, and this to do, even in the quickest rushes, the swiftest combinations, the fiercest "mix-ups," it is necessary that one should remain as cool as the proverbial cucumber.

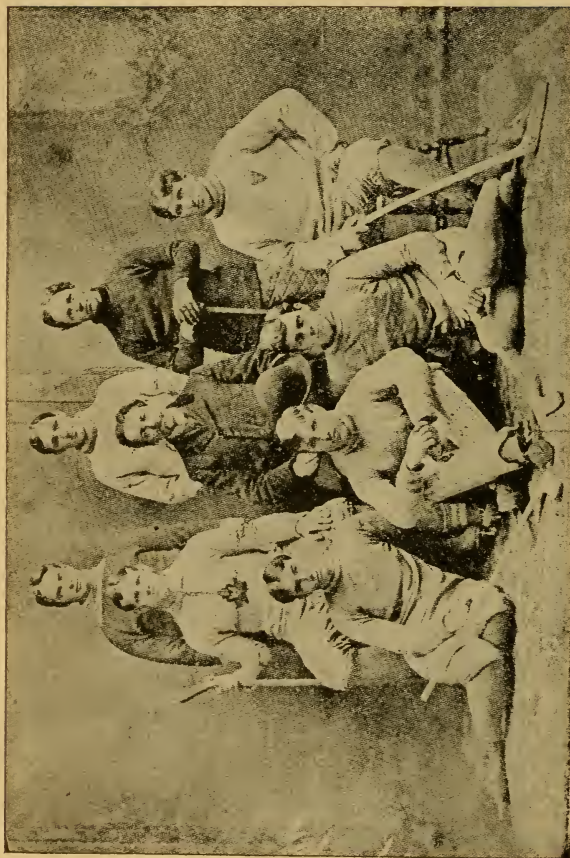
As a hockey axiom, it might be said that "it is better to think more and rush less, than to rush more and think less."

The cool, collected, calculating player is worth more to a team than two or three of the class whose main object seems to be the possession of the puck for a "big" rush down the ice.

If any man among your opponents is to be feared, let it be the one who thinks out each move, who makes no useless plays, who shoots for the goals only when there is an opening, because "such men are dangerous." Many a game is lost, many a chance is missed by the man who will not, cannot take time enough to think out a play.

Another requisite is confidence, both in your assistants and in yourself. Just as that regiment whose soldiers rely upon one another is a better one than another in which the members have no confidence in their comrades, so, in a hockey team it is absolutely necessary that each player should be able to depend upon his confreres.

A team should feel that it can defeat any seven that opposes it, and each individual man of a team ought to believe that, if necessary, he can pass any one of his adversaries. A team that goes on the ice thinking that defeat is probable is already beaten; a player who fears that he cannot elude certain of his opponents is a factor of success



TORONTO 'VARSITY HOCKEY CLUB.

for the opposing team. Care should be taken, however, that confidence may not be exaggerated. Over-confidence is a greater fault than confidence is a virtue. While each team should feel that it can probably defeat its opponents, it should also bear in mind that until the game is ended its own goals are in danger, and act accordingly.

“A spirit that could dare
The deadliest form that death could take,
And dare it for the daring's sake.”

Pluck is an essential to a man who aspires to perfection in the game, and is as indispensable to him as it is to a foot ball player or a soldier. The calculating player often saves himself by avoiding unnecessary dangers, but occasion demands, at times, a fast rush through a “bunch” of fighting players, through swinging, smashing sticks that, in noise and movements, resemble a threshing machine—a desperate jump, or a block of the puck, at the expense of a sore punishment, to score or save a single goal, and the risk must be run.

The cringer, the man who waits outside of a scrimmage until by chance the puck slides to him, the man who fears an opponent, is not a hockey player. It is, of course, scientific play on certain occasions to wait until the puck is shoved out of a crowd, or from the side, but reference is made above to the time when a “dive” is needed. Even if a man knows that an opponent is mean, unfair, this should be but a poor excuse to fear him, because the referee is on the ice for the protection of all the players.

A hockey player must necessarily be strong physically and constitutionally. If his muscles be well developed, well trained, and his constitution weak, so violent a game as this will do him an irreparable injury. Hockey is so fast, so trying on a forward player, who is rushing continually from the opening to the closing of a match, that, in order to play without hurting himself, he must be in perfect condition. This condition means both the state of his health and the condition of his mind and muscles.

Training for the game of hockey is the simplest, perhaps, of any, and consists for the most part in careful practice.

Nothing prepares a player for the opening of a hockey season so well as a thorough course in gymnastics. This to do properly, it is



"YE GUDE OLDE DAYS."

necessary to make use of every appliance that the gymnasium affords (except the heavy weights), because the game of hockey calls into play every muscle that a complete gymnasium develops, which is attested to by the stiffness in every muscle after a good, hard game. Exercises that aid in enlarging and hardening the muscles in the arms, back, chest and stomach are specially recommended. The legs are quickly brought into condition by skating and walking.

In developing the wind a punching bag is the most efficient exercise. Skipping, too, is most beneficial, because it develops the muscles in the legs and increases the wind.

It is, perhaps, advisable to give up smoking. A cigar or a pipe occasionally can cause but little injury to a man, but cigarettes are decidedly injurious. The following extract, borrowed from a newspaper, illustrates the above:

This was actually heard in the Cracker district of Tennessee.

The mother shouted from the door of the cabin behind the trees :

"Yank Tysan ! Zeb Tysan ! What yu'uns doin' ?"

Two little boys raised their kinky heads over a barrel three hundred yards down the mountain.

"Foolin'," was the reply.

"Be yu'uns smokin' ?"

"Ye'um."

"Be yu'uns chawin' twist and smokin' cob-pipe ?"

"Ye'um."

"Thet's a'right. But if yo' let me kotch yo' smokin' them cigareets, I'll gi' yo' the wust lammin' yo' ever hed in yo' lives. Yo' heah yo' ma ?"

"Ye'um."

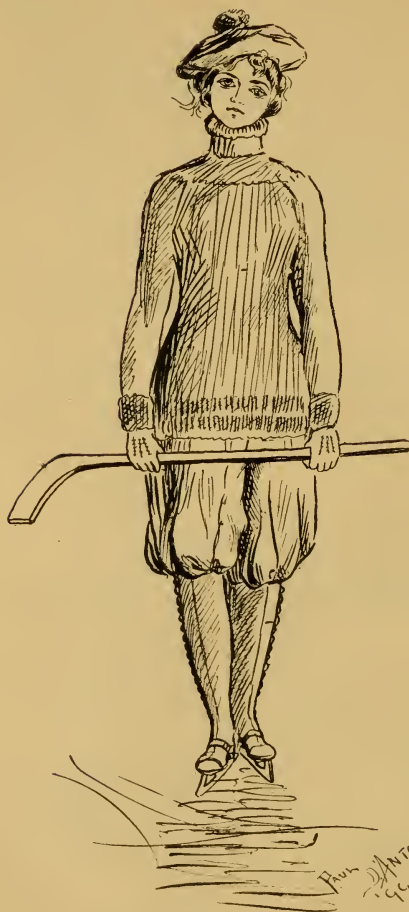
As smoking even in ordinary life is, to a certain extent, an injury to a man, it is not necessary to further mention it.

Alcoholic drinks, with the possible exception of an occasional glass of porter, should be strictly eschewed.

Warm baths taken too often, or indulged in for too long a time, have a strong tendency to render a man weak and slow, and even a dip every morning in cold water is injurious to a man in training.

It is said that more graves are dug with the teeth than with the spade. If this be true, a hockey player should be careful to eat only digestible foods, and in a manner that will not injure his digestion.

A hockey player who wishes to put himself into the pink of condi-



"A DREAM OF THE FUTURE."

tion should, difficult as it may be, avoid eating pies and pastry of any description. All trainers advise against the use of these.

Practice makes perfect.

The rule that is applied to other things stands good in hockey.

It is wrong to imagine that a great deal of practice will make a perfect player out of any man, but careful, assiduous work will enable a person to approach the degree of perfection to which his powers, as a physical and a thinking athlete, will allow him to attain, and will make perfect that man who has the qualities necessary to a perfect athlete. Besides strengthening his muscles, increasing his wind, helping him in his confidence, sharpening his eye, training his judgment, adding to his speed, practice assists a player, on each occasion, to become proficient in the necessary art of stick-handling, and to regard himself and the other members of his team as one well-lubricated piece of machinery.

It is difficult to lay down rules regulating the manipulation of the stick. What there are of them are few and undefined. The stick should be held in both hands. The right hand should hold it firmly at the end of handle and the left lower down, according to the reach of the player, because, even if most plays are made with both hands on the stick, there are times when it is necessary to use only one, in which case, holding the stick as above, the right hand is already in place without any change.

The stick should be held in both hands, because in that position a man is always ready to shoot for the goals or to pass the puck. Besides, he can check better, dodge better, resist a heavy check more easily and sustain his position on his skates more securely when he has the stick thus held upon the ice.

Stick-handling, like confidence, coolness, strength and speed, is acquired by practice, and by practice alone.

The more you play the sooner you will become an adept in the art, and the better you can handle your stick the more effective a player you will be, because stick-handling is one of the essentials of the game.

A HOCKEY SONG

Come, cross your blades upon the ice,
The air is keen, the watchers wait ;
And eager as a cat for mice,
Around the puck the forwards skate.
Line up ! In goal ! The game is faced !
The puck's in play, the ice doth ring
Beneath the skates that seem to sing :
We have no t'me to-night to waste !

Away ! away ! the roof doth ring,
Above the roar of party mirth ;
From side to side supporters fling
Winged wit that mocks each other's worth.
And brown and blue eyes flash with pride,
And cheeks are red, and white teeth gleam,
And kerchiefs wave, and lassies scream
To see the forwards dash and glide !

Fleet Mercury goes hand in hand
With Zero through the air to-night ;
They write their names upon the land,
They set their seal on windows white.
But *here* they'd come not if they could ;
'Twould set their icy souls aflame,
They'd melt the ice, they'd mar the game—
We would not have them if they would !

Now over all, and in between,
And fast as sudden thought can steer,
Our dashing cover-point hath been
Ere yet the forwards deemed him near.
They charge, they check ; they ply their powers
Of skill and strength—but 'tis in vain ;
He cheats them all—the goal is plain
Shoot ! shoot ! Hurrah ! the game is ours !

Oh ! land half-wed to ice and snow,
If I may praise ye in my rhymes,
It is to pity those who show
Concern for us in burning climes.
With such strong sons, we well may sing
Our Roman worth, that all may see
A strong Olympic monarchy,
And our old lusty Winter—king !

CHARLES GORDON ROGERS

THE SCIENCE OF HOCKEY

What is the objective point, the central idea, in the game of hockey? To score—to lift, slide, push or knock the puck through your opponents' goals.

A team, and each individual member of a team, should concentrate every idea, every thought on this one desire, and each play, each move should point to it, as the rays of the sun are converged through a glass to the focus.

That play is vain which does not tend to bring a team, or a member of a team, to a position from which the desired point can be gained—a useless move effects the position of a team, throws the players out of poise.

The fancy play, the grand-stand play, is a waste of energy, childish, worthless. The play that counts, the play that shows the science of the man who makes it, is the immediate execution, in the simplest manner, of the plan that a player conceives when he considers the object of his playing. In other (geometrical) words the shortest distance between two points is a straight line, and applied to the science of hockey, it means that a player should take the shortest and quickest way of obtaining the desired effect, which, by analysis, is oftentimes the most scientific.

When it is said that every player of a team should strain nerve and muscle to score a goal, the meaning is not that each individual member should strive to do the act himself, but that he should use every effort to assist him to score who is in the most advantageous position to do so. The selfish desire on the part of even one man to make the point oftentimes entails the loss of a match.

Although by nearing his opponents' defence with the puck a player naturally approaches the position from which to shoot, he will invariably confuse his adversaries more successfully, and often secure for himself or his partner a much more desirable vantage ground, by

passing the puck to the latter before reaching the cover-point. Indeed, if the question of praise be mentioned, there is often more due to the player who assists by a clever bit of combination work than to the man who scores the game.

The secret of a team's success is combination play, in other words, unselfishness. It means the giving of the puck to a player of one's own side who is in a better position to use it than the man who first secures the rubber. It is the science of mutual help. As in lacrosse and foot ball, it is a "*sine qua non*." The team that indulges most in this scientific play has the less hard work to do and is necessarily the freshest when the trying end of the match comes round, because combination play minimizes the work in this arduous game.

As soon as a player secures the puck he should first look for an opening and then size up, at a glance, the position of his confreres. It is, indeed, a question whether it be not more scientific, more successful to first look for a good opportunity to pass the puck to a partner, and then, if none such presents itself, to force a clearing.

It happens that a fast forward can, by his own personal efforts, score one, two or perhaps three goals, but toward the close of the game he is no longer able to do effective work, because his selfish exertions have played him out, and when necessity demands that, because of poor assistance from his partners, a good man should indulge in individual work, such may be permissible, but the team thus handicapped cannot expect to win from a well-balanced aggregation.

Combination in hockey is the scientific means to the end at which the players aim, viz., the placing of a man of the team that makes the play in the best obtainable position to shoot a goal, and should be carried on only until that position is attained.

It is possible to indulge even too much in combination work, necessary as it is on most occasions, and thus the virtue may be turned into a vice. It should not be played too freely by men in front of their own goals, and as it is merely a means to an end, an over indulgence in it is a loss of time, of which hockey is too fast a game to allow.

In close quarters the puck should be passed to a man's stick, and not in a line with his skates. A scientific player, rushing down the ice with a partner, will give the puck to the latter, not in a direct

line with him, unless they are very close together, but to a point somewhat in advance, so that he will have to skate up to get it. The advantage in this style of passing is that the man who is to receive the rubber will not have to wait for it, but may skate on at the same rate of speed at which he was going before the puck was crossed and proceed in his course without loss of time.

The puck should be passed in such a manner that it will slide along the ice and not "lift," because it is difficult to stop and secure the rubber when it comes flying through the air. There are times, of course, when a "lifted" pass is necessary; for instance, when the line on the ice between the passer and the receiver is obstructed, but otherwise the "sliding" pass is advisable.

When two "wing" men play combination together in an attack, the puck should scarcely ever be passed directly to each other, but should be aimed at the cushioned side of the rink, some distance in advance of the man, so that he may secure it on the rebound. The rink is so wide that it is difficult to pass the puck accurately from one side to the other, especially during a rush, so the above means is recommended.

When three or four forwards are making a rush, the puck should be held by one of the centre players until the cover-point is reached, because in such a play the latter does not know to which man the rubber is to be passed, for it may be given to the right or the left wing or even to the other centre player, but when, in an attack, a wing man has the puck, the cover-point knows that he must necessarily cross it out to the centre and is prepared for the play.

When the forwards of a team are operating around their opponents' goals and cannot get an opening, it is sometimes advisable for them to slide the puck to their cover-point if he is well advanced towards the middle of the rink, because this will probably coax out the defence, and the change of positions may create the desired effect.

One of the most successful, and, perhaps, the most neglected of combination plays is the following: when a player secures the puck behind or to the side of his opponents' goals, he should, if he has time, slide it to his assistant who is in the best position to receive it, or, if not, to the side where he knows that one of his men, by a pre-concerted, practiced arrangement, awaits it, but he should never send

it, with a blind, trust-to-luck shot directly in front of the goals, because the point and cover-point should be, and usually are, stationed there. This simple play is often attended with great success. To guard against this play the defence men and forwards of the attacked goals should see that, when the puck is around the goal line, each of their opposing forwards is carefully checked.

Each player should be careful to remain in his own position, and in order to acquire the habit of so doing, every man should make it a point in each practice, however unimportant, to cling to the particular position on the team which he is intended to fill. It is a grievous mistake for a wing man to leave his position and play in the centre of the ice or on the side to which he does not belong, or for a centre player or rover to wander to the wings, because as each man has a cover, a check, on whom, in turn he should bestow his attention, he gives his opponent, when he leaves his place, an opening that the latter should not, and would not have if he were properly watched, besides, the forwards and the defence men of an experienced team ought to be able to know where their assistants are or, rather, should be by judging from their own positions. When a man strays from his own territory, a brilliant combination play may easily be lost through his absence from his proper place.

Each player of a team should occupy his position so unfailingly in practice, and the team should indulge in combination work to such an extent, that, in a match, a forward ought, at times, to be able to slide the puck to an assistant without even having to look to know where the latter is. If perfection be aimed at, and it should, the point of following up should be so regular, so systematic that this play may be successfully indulged in, because, with every man working in his position, like so many movements in a clock, a forward with the puck, in advance, should know without looking, where each of his partners follows.

The prettiest spectacle afforded by a good hockey match, is the rush down the ice, four abreast, of the forwards. This play to a man of sporting instincts, verges on the beautiful.

When four men in a line, racing at lightning speed, approach the defence of their opponents, it is then that the goal-keeper of the attacked party sees danger signals floating in the air, because the

assistance he will receive from his defence men, is, on these occasions, problematical. If they crowd in upon l. m., his view of the play is obstructed; if the cover rushes out he may not use the body-check, because he does not know which man will have the puck, and therefore cannot afford to waste time and energy on one who has already passed the rubber, or who will do so, and the point man must necessarily keep his position unless some fumbling occurs. But should the forward line advance four abreast? This is a serious question.

When such a rush is being made, one slip, one fumble, a fraction of a second lost, will throw at least three of the forwards off-side, out of play. It is a good deal safer and more satisfactory for one man, say the rover, to follow the three other forwards, slightly in the rear, so that if such a slip, such a fumble occurs, he will be close on hand to recover the puck, and quickly place his men in play.

More than two forwards should never be behind their opponents' goals at the same time, because it is necessary that some should be in front, in case the puck should be passed out to them, and, moreover, if it be lifted down by their adversaries, they have a chance of stopping it in a good position to shoot for the goals.

At least two men should be in front, in order to follow up any attack that their opponents might make on their goals. It is surprising how much trouble can be caused a forward line by a persistent forward who nags at them from behind. He can often break up a combination, and create more confusion among them than a defence man, because they know what to expect from the latter and are on the lookout for him, but find it difficult to deal with a fast man who bothers them in this way. It is in this work that a fast skater shows to advantage.

Should a forward who has gone down the ice alone attempt to pass the cover-point and point of the opposing team, before shooting? Yes and no. If the cover-point is well up towards the middle of the rink and the point is not too near the goals, let him strain every nerve and muscle to dodge them both and then shoot, but if the defence men are bunched in front of the poles, he should lift without trying to pass the cover-point. His shot, in this case, will often prove effective, because, having his two assistants directly in front of him, obstructing his view of the play, the goal keeper cannot easily stop a

low, hard, well directed "puck," besides, he will deprive the cover-point of the pleasure of "using his body."

On approaching the cover-point, a forward, before passing the puck, should incline a good deal towards the opposite side to which he is going to send it, because in so doing he will force the cover-point to leave his place, and thereby create a better clearing for action.

It is a peculiar fact that defence men, in their positions, are usually less apt than forwards to get excited, which might be accounted for by this that it is a great deal easier for them to prevent a man from scoring than it is for him to score, and, besides, they are in their own territory moving at comparative ease, whilst the rushing forward tears down at full speed and has time enough only to think of how he may pass the puck or how elude the cover-point. The forward player has more to think of, more to do in order to score, than the defence men have in preventing him.

It is in the attack on goals that a forward's coolness will assist him. For a man to know what to do, when he is near his opponents' defence, requires thought. The ever-varying changes in conditions and positions prevents a man from having any set line of action in an attack. Every rush is confronted by a different combination of circumstances, and a forward must know, on each separate occasion, the play that is best calculated to effect the desired result. This knowledge is the attribute of an experienced player and must go hand in hand with coolness. Practice teaches a man what to do, coolness enables him to do it.

It is singular, but remarkably true, that a forward who could not win even a "green" skating race, can excel as a lightning hockey player. It is one of the ingenious paradoxes of the game, that cannot be explained. A man who can beat another in a race is not necessarily a faster forward than that man. Examples on every team prove the contention. Perhaps the possession of the puck, the excitement of the game, the attraction that an assistant has when skating near him, gives to the man who may not claim distinction as a racer, a power, a speed, that a simple race cannot make him exercise; perhaps the superior science of a player who cannot skate as well as another, may enable him to surpass that man in general speed, by minimizing his work and by allowing him to husband his strength

for the great efforts that occur at different stages of the game.

When a forward skates down the rink near the side, his easiest way of dodging an opponent is by caroming the puck against the boards, which act as a cushion, passing his man on the outside, and recovering the puck which bounces out to meet him. In this play the puck should invariably be lifted, because the dodge is expected, and if the puck slides along the ice to the side it may often be easily stopped.

When a forward, rushing down the ice, is well followed by another of his side, he should not try to dodge the cover-point, but should draw out that man by inclining to the side, and pass the puck to his partner, taking care to then place himself in the best possible position to receive it back, if the latter cannot shoot.

A man should check his opponents' stick heavily, as a gentle stroke, an easy check, has seldom any effect.

Experience teaches that in a low, bent position, a man can get up speed a good deal quicker than when he keeps his body upright, and, moreover, he is less liable when skating thus, to suffer from the body check of an opponent.

A body check means the striking of a man with your hip or shoulder in order to cause him to stop or even fall. The most effective check of this kind is striking a man with the hip, upon his hip, because this is more or less the centre of gravity in a human being, and a good, solid weight catching a person in this spot, especially when that person is balancing on his skates or rushing up the ice, seldom fails in the desired result. The forward player who indulges in body-checking makes a fatal mistake, for although he may gain a momentary advantage, he wastes so much energy in the act, that in the long run he is a heavy loser. This is an incontrovertible fact, the testimony any forward will bear out the statement. He should avoid body-checking with even greater care than he should being checked, because the former requires a great effort, and the latter only seldom injures the man who is encountered. A defence man, however, who has but few rushes up the ice, can afford to enjoy the pleasure of "throwing" himself at an opponent, and often to great advantage. He is in a good position to catch his adversary "on the hip," especially when the latter is "on the wing," as it were, and can thus often put a short-stop to a dangerous run. The effect of a body-check is

not so "striking" when the object of it steadies himself in as low a position as possible, while the man who is using the play attains his end better by catching his opponent, as stated above, in the centre of his weight, or higher, when the latter is not steadily placed. This practice of body checking is permissible, and, to a certain degree, scientific, but it is questionable whether it be not a less noble way of overcoming a dangerous opponent, than by expert stick handling, or by some gentler means. It cannot be said to be directly in accordance with the strictest, the highest sense of polished, fair, scientific play. It certainly is a feat, difficult of accomplishment, to stop a man who is rushing towards you with the speed of an express train, and upset him without the slightest injury to yourself, but is this the fairest way of defending your flags? It savors too much of roughness, and can be the cause of a serious accident, because a fall on the ice, at any time is usually painful and dangerous enough, without any additional impetus from without. If it is allowable, it is most unfair to "body" a man into the side of the rink.

Among some of the senior teams the practice of interference is becoming prominent, and should be severely checked, because it is an unfailing cause of unnecessary roughness. No player, however mild, who is rushing down the ice to secure an advantageous position, will allow himself to be deliberately interrupted, stopped by an opponent who has not, and should not have the right to oppose his course, without picking a bone or two with him. Another innovation that is calculated to injure the game, is mass plays. This rupture of the rules was conspicuous among certain teams last year. It might be hard to imagine or detect such a thing in hockey, but it, nevertheless, occurs. It is practically, "concentrated interference," in technical terms, and, as in foot ball, is used by the team which attempts to score, a point which distinguishes it from simple interference as used by an attacked team to prevent scoring. To be properly carried out it involves the disregard for the rule regulating on-side movements, and is therefore, though difficult to detect, a breach of the same. The teams in cities where the practice of interference in foot ball is more popular, are the most given to this play.

It is essential that the two centre men and the right wing should be able to shoot the puck as well from the right side as from the left,

because the chances of scoring in either ways are about equal. As for the left wing, he is called upon so seldom to shoot from the right, that is presuming that he holds his stick correctly, with the blade to his left side, that it is not so important for him.

The most dangerous, successful lift for the goal, is raising the puck about to the level of the knee. This height is too great to allow the goaler's stick to be of any use, and is not high enough to be stopped by his bulky body.

The lift is not obtained by strength, but by knack and a good stick. Of course the more strength there is in the act of lifting the greater will be the velocity of the shot. But strength minus knack is not so successful as knack minus strength.

To lift the puck, the edge of the blade of the hockey stick must touch the puck lower than half its thickness, and the practiced "twist of the wrist" accomplishes the rest. This form of ridding yourself of the rubber is most important, because by a lift the puck travels farther and faster than it would along the ice, which gets cut up soon after the opening of a match, besides, it is much harder for an opponent to stop a lift than an ordinary sliding puck.

It is a mistake to lose courage because your opponents score the first three or four goals.

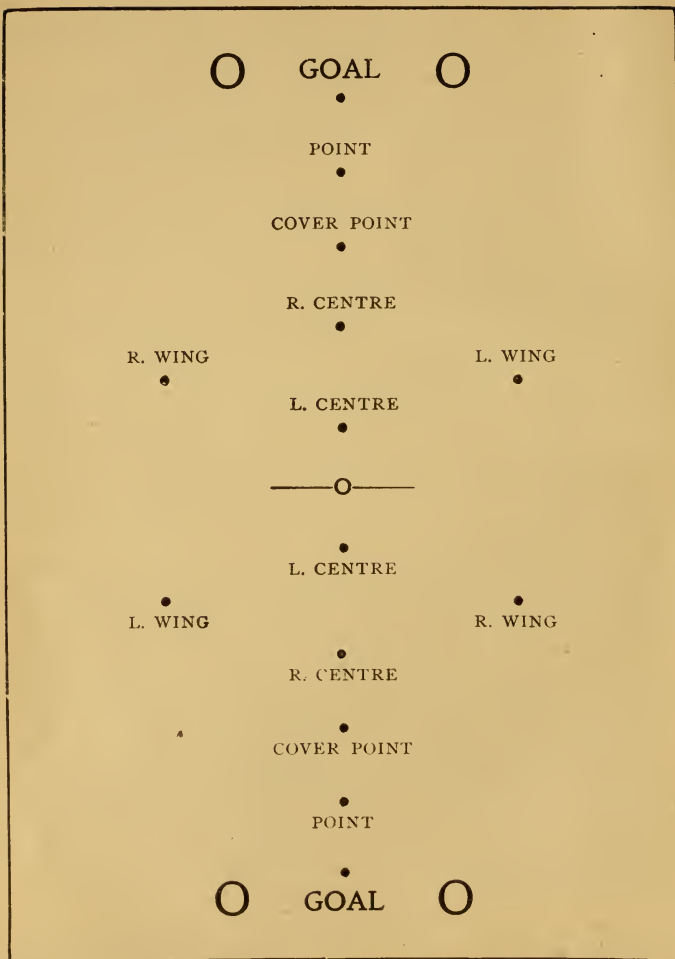
Do not begin to play roughly because you are losing; and do not purposely and ostentatiously avoid scoring against a team that has already lost, because even if a bad beating does discourage them they would rather suffer it than be humiliated by any such show of pity.

Do not imagine that after winning a few games the match is won, because "accidents" occur, and do not dream of laurel wreathes and championships on account of your success in the opening of the series.

Attend every practice but do not become overtrained.

A man should not lose his temper because he suffers a sore knock. A display of "fireworks" is often the cause of an undesirable rest among the spectators.

Do not question the decision of the umpire or referee. Let your captain plead the case.



POSITIONS OF THE TEAM.

THE TEAM

The hockey team is composed of seven players, each of whom has his own, distinct position to fill, and the success that attends a well balanced aggregation, depends a great deal upon the systematic way in which these positions are looked after.

Each man has his particular place to fill, his own work to do, and each position on the team, from the goal-minder's to that of the centre forward, differing essentially from the others in the duties that it entails, calls for work that may not be used in any other.

I.—THE GOAL-MINDER.

Of all the responsible positions on a team, that of the goal-minder is perhaps the most difficult satisfactorily to fill. It is so hard to stop a strong, well-directed shot, and so many of them pour in during the course of a match, that in the exercise of his work, even though it occurs only periodically, the goaler is called upon to use the greatest skill and coolness. A forward may miss a good chance to score, and the effect is only negative; a point or cover-point man may make a mistake, but there is usually an assistant around to help him; but when the goal minder makes a blunder, the whistle is blown and a point is placed to the credit of his opponents.

Mr. F. S. Stocking, goal-keeper of the Quebec team, and generally recognized throughout Canada as the peer of his position, has kindly contributed the following hints on goal-minding:

“Goal-keeping is one of the easiest and at the same time one of the most difficult positions to fill successfully on the team.

“It is simple because it is not altogether essential to be an expert skater or stick handler. It is difficult because it requires a quick and true eye together with agility of motion and good judgment.

“Besides keeping his eye on the puck, he must have a good idea where his opponents are placed so as to be prepared to stop a shot resulting from a sudden pass in front of goals.

"I am of the opinion that the goaler should only leave his goal under the following conditions :—First, when he is quite sure that he can reach the puck before an opponent, and when none of his own team are near enough to secure it instead ; secondly; when one of the attacking side has succeeded in passing the defence and is coming in (unsupported) towards the goal, then the goaler, judging the time well, may skate out to meet him, being careful that he is directly in line between the shooter and goal. This sudden movement surprises the man and he is liable to shoot the puck inaccurately or against the goaler's body.

"In stopping the puck, the feet, limbs, body and hands are all used according to the nature of the shot. The stick is used to clear the puck from the goals after stop has been made, but rarely to make the stop.

"Some goalers use the hands much more frequently than others and make splendid stops in this way. But this depends on the individual's handiness, those accustomed to play base ball and cricket excelling.

"The most difficult shot to stop results from a quick pass in front of goals at the height of about one foot off the ice.

"Goalers should use a good broad bladed skate, not too sharp, so as to allow easy change of position from one side to the other of the goal. He should dress warmly and protect his body and limbs with the usual pads which at the same time help to fill up the goal.

"He must not get 'rattled' by the spectators and never lose confidence in himself."

Many a goal is scored by an easy, lazy, slide, or by a long lift, when the goaler is not expecting danger, therefore the man in this position should be careful to follow the movements of the puck even when it is at the other end of the rink, and cautious in stopping the easiest shot, because "there's many a slip." Nothing should fluster a goal keeper, nothing discourage him. If one of his opposing forwards dodges every one of his opponents, and has a clear, dangerous opening for the goals, even then let the goaler retain his self-possession and confidence, because, nine times out of ten, the forward who is making the attack is more excited over the peculiar circumstances of his rush than the former possibly could be, and will often shoot

less accurately than he would under less favorable conditions. It is a mistake for a goal-minder to imagine that he is not doing his duty because three or four or more points have been scored against him, because the fault may, and very often does, rest upon the poor assistance he receives from his defence and forwards.

He should insist upon his defence men keeping at a reasonable distance from the goals, but if they do crowd in upon him, he should crouch down as low as the law allows and carefully watch the puck.

When the play is to his left, he should incline to that side in his goals, touching the pole with his leg and his side, and, if to the right, vice versa, but when it is directly in front, let him be right in the centre of his goal, occupying as much space as possible. He should never rely upon his assistants to stop any shot, but should always be prepared for an emergency. As soon as he stops the puck he should clear to the side, not waiting to be attacked, or if he has plenty of time, lift it towards his opponents' goals, although it is advisable to give it to one of his defence men to deal with, because, through practice, they can usually lift better than he, and, besides, are in a position to start a rush by passing it to their forwards.

A poor skater who is a good goal-minder would be a better goal-minder if he were a good skater. His skates should be made in such a manner, or fastened with straps in such a way, that the puck may not pass between the plate and the blade, and his stick should be short in the handle so that he may manage it easily when the puck is near his skates.

II.—THE POINT.

Mr. "Mike" Grant, the best known player in Canada, captain for years of the erstwhile invincible Victorias, in speaking on general defence work, says :—

"The defence of a successful team must necessarily be as proportionately strong as the forward line. Although their territory, their sphere of action, is more limited than that of their forwards, the defence men have work to do that is, in its effect, as important as the rushes of the latter.

"The goal-keeper should consider that he is enclosed in a magic circle, and should scarcely ever leave his position, but if he does he should return to it as soon as possible. He should not depend upon

his defence to stop the puck. The point and cover-point should play as if they were one man in two positions. The position of the point should be determined by that of the cover-point. If the cover-point is on one side, the point should be on the other to such an extent only, though, that each may have an equally good view of the play, and that a forward who advances toward their goals will have two distinct men to pass, instead of two men, one directly and close, behind the other.

“When two forwards approach their goals, the cover-point should devote his attention to the man who has the puck and block him as well as he may, and the point should advance slightly to meet the other, and, incidentally, to intercept any pass that may be attempted.

“During a tussle behind or to the side of the goals, the point and cover-point should never leave their positions vacant. If the one leaves his place the other should remain in front, but never should both be away, because the absence of these two men from their proper positions is the cause of more games being lost, than any other fault they may commit.

“The position of the point man is essentially defensive. The distance between him and the goaler is determined by the proximity of the play. He should not stray too far from his place, because oftentimes he is practically a second goal-minder, able, through the practice that his position gives him, to stop almost equally well as the latter, but although he should remain close to his goal-keeper, he should never obstruct that man's view of the puck. Whenever it becomes necessary for the goaler to leave his place, it is the duty of the point man immediately to fill it, and remain there until the latter returns.

“He should, as a rule, avoid rushing up the ice, but if he has a good opening for such a play he should give the puck to one of his forwards on the first opportunity and then hasten back to his position, which has been occupied in the interim by the cover-point.

“When it is absolutely necessary, combination play may be carried on by the point and cover-point in front of goals, but only with the greatest care.

“When three or four forwards skate down together it is advisable for the defence men to retire towards their goals and block them until assistance from the forwards arrives.

"The defence men should not allow themselves to be coaxed, drawn out, by their opponents.

"A lifting competition between the defence men of the opposing teams is fatiguing to the forwards, and very tiresome to look at.

"The position of the cover-point is the best adapted for the captaining of a team, because a man in this place is in touch with the defence and the forward players."

III.—THE COVER-POINT.

Mr. Hugh Baird, captain and cover-point of the Montreal Hockey team, contributes the following in connection with the position, in which he has risen to such high distinction :

"The cover-point is a combination of a defence man and a forward, and is allowed, in virtue of the fact, more latitude with respect to leaving his position than any man on the team, except the rover.

"In his capacity of a defence player he should linger around his goals as long as the puck is near, and be very careful when he secures it in front of the poles. When the play is at the other end of the rink, the cover-point should advance to about the middle, so that when the puck is lifted down he may return it without loss of time, in order to keep the game centered around his opponents' goals and to save his forwards the trouble of skating up to him so that they may again 'get into play.' It is by playing far up under these circumstances that a clever cover-point can shine to the advantage of his team. If he has a good opening, he should shoot well for the goals, but if he has not he should, as I have said, return the puck instantaneously.

"When in this position, far from his goals, a cover-point is suddenly confronted by an opposing forward who rushes down the ice, he should skate towards his defence, watching that man and gradually closing in upon him.

"I am an advocate of legitimate body-checking, and consider that the most successful way of stopping a man who approaches alone is by blocking him—obstructing his course in any way that does not violate Section 8. It requires less effort and is less dangerous to block an opponent than to 'body' him.

"A forward player, nine times out of ten, or even oftener, will try

to pass the cover-point by first feinting to the left, then dodging to the right. If this be remembered, the cover-point will not bother about that feint to the left, which is to his right, but will almost invariably expect to be passed on his left, or the forward's right, and will act accordingly.

"He should be as careful to prevent a forward player who is advancing towards him from sliding the puck between his feet, a common and successful dodge, which, however, in its execution requires a good deal of confidence on the part of the man who attempts it.

"The puck should be stopped, from a lift, by the hand, and in such a way that it will drop 'dead' and not bound forward.

"In lifting the puck, attention should be given to direct it so that it shall not be sent to an opponent, but to the side or to an opening, in order to enable the forwards to follow it up and block the return.

"It is advisable for the defence to be so placed that if the cover-point is directly in front of the goal-minder the point will be either to the left or right, between the two, because they will thus all have a clear view of the play. On no occasion should the three defence men be in Indian file—one directly in front of the other.

"A cover-point, in lifting the puck, should be guided by the positions of his players. If they are around his opponents' defence, he should quickly lift the puck in their direction, in order to keep the play in that territory. In this case he should lift, and not dribble or slide the puck, because a lift is more difficult for his adversaries to secure. If his forwards are around his own defence and he is forced clear, he should shoot the puck in such a direction that will cause his opponents the most trouble to recover it, thus enabling his forwards to follow up with a chance of securing the return.

"When the cover-point secures the puck, and only a short distance exists between himself and his forwards, he should advance, pass the puck to them and bring them all into play, then return to his post.

"He should attempt an individual rush only when an exceptional opportunity offers itself. In the early part of a match the cover-point should not leave his position more than is absolutely necessary, but towards the end, when his opposing forwards are played out he may assume, to great advantage, a decidedly offensive position.

"The stick of a cover-point should be somewhat heavier than a

forward's. It should be long in the handle, in order to increase a man's reach, and the blade should taper, becoming thinner towards the end, which aids in raising the puck. His dress and skates are the same as used by the forwards."

IV.—THE FORWARD.

Mr. Harry Trihey, captain of the Shamrock Hockey Team, holders of the Stanley Cup, and perhaps the most effective forward player in the game, gives the following as his opinion regarding forward playing :

"The essentials of a forward art science, speed, coolness, endurance and stick-handling, which embraces shooting, and the success of a forward line is combination play. Science and speed are exercised at all times during the game; coolness is essential, especially when a forward is near his opponents' goals; endurance is taxed in the second half of the match, and stick-handling is a necessary quality whenever the player has the puck.

"The centre player, the right and the left wing men must stick closely to their positions, but the rover, as his name indicates, may use his judgment as to what particular place is most in need of extra help. If the defence be weak or crippled, the rover should lend his aid to that part of the team when he is not absolutely needed by the forwards, but he should also follow up every rush that is made by the latter. He should be the busiest man on the team, because, as a forward, he must attack, and follow up every attack on his opponents' goals; he should also be the particular player to return to help his own defence against every rush by his adversaries.

"It is necessary that a forward should be in the 'pink of condition,' and that he should take great care of himself in practice, because even the slightest injury will proportionately lessen his usefulness. Besides the ordinary training, it is advisable to diet, in order to get into the proper condition. 'Early to bed, early to rise,' should be a player's maxim, because sleep before midnight is much more beneficial than it is after that time.

"Dodging depends upon the ingenuity of a player, and no rule can be laid down to regulate the science, because each separate dodge

must be adapted to the circumstances of his own and his opponents' positions.

"To resist a body-check a player should take care to make himself as solid on the ice as he can, but at the same time allowing the upper part of his body to remain limber, so that the shock may not be so strongly felt. When advancing towards a man who, he knows, is going to body-check him, a player should, on meeting him, slide the puck forward to such a place, and in such a manner, that after the encounter, he may have a better chance of recovering it. I think, however, that a clever forward can nearly always avoid a body-check, because, advancing at a high rate of speed, he has the advantage over an opponent who awaits him. The forward should never body-check, because this exhausts his strength.

"The most successful shot for the goals is a lift which raises the puck only as high as the goal-minder's knee. A player should accustom himself to shoot from both sides.

"Most goals are scored on a rush, not from a scrimmage, and for this reason it is advisable not to lose too much energy in tussling for the puck behind the goal-line.

"It is a mistake to attempt to score a game when too far removed from the goals, or at too great an angle to the side.

"The forwards should be careful not to 'bunch,' not to crowd around the puck, which can be avoided if each man plays in his own position.

"A forward's dress and skates should be light.

"His stick should be strong, light and not too flexible, having a long blade and handle, which will increase his reach. It should be made of second growth ash, which is the most serviceable wood, because it combines strength with lightness, and does not, like most other woods, absorb the water which frequently appears on the ice. When a player gets a stick that suits him, he should carefully note its particular points, so that when that one breaks, he may secure others of the same shape. A player should use the stick that he himself prefers, and should not be guided by the choice of others, although, of course, he should always look for an improvement of his own."

THE REFEREE.

In describing the qualifications and duties of a referee, Mr. Gordon Lewis, of the Montreal Victorias, whose efficient services in this position make him a competent judge on the subject, has this to say :

“The man who accepts this important position should, above all, have a thorough knowledge of the rules of the game, because, in his capacity of referee, he must judge the play and carefully guard against any infringement of the rules. His decision is final, his authority supreme, and although he should listen attentively to any objection that a captain of a team may have to his ruling, he must judge conscientiously according to his own interpretation of the rules. A referee should never argue with a player, because the captain is the only man on the team who is entitled to raise an objection. It is my opinion that a referee cannot very well be too strict. It is his duty, it is to the interest of the game, to exact that the game be played according to the rules.

“He should follow the play from one end of the rink to the other, keeping in the centre, when the puck is near the side, and *vice versa*, but always near enough to follow it well, without ever obstructing the way.

“He should be strictly impartial, and should be guided, in his decisions only by stern justice ; besides, he should be careful that the crowd does not in any way influence him. Even a losing team should be allowed no advantage, however slight.

“Before the match begins, the referee ought to warn the players against rough and foul play—and afterwards deal out his punishment to an offender commensurately with the grievousness of the foul.

“Loafing off-side should be strictly dealt with, as also should deliberate rough play. A referee in enforcing the rules should give his decision only after careful consideration, but then he should remain firm, obdurate, unless, perhaps, he plainly sees that he has made a mistake, which even a referee may do, in which case it might be well for him to reverse his ruling.

“If the two centre men will not face correctly, let them be changed, and if the next couple are bothersome, they should be ruled off.

“If the referee sees evidence of unfairness on the part of the umpires it is his duty to warn the captains.

“As a general rule, the referee should be very strict on the ‘off-side’ question, but I think that in the case where the off-side is a matter of only a few inches, and the play is not in the vicinity of the goals, a little leniency in this respect will make the game more interesting.”

HOCKEY RULES

CANADIAN AMATEUR HOCKEY LEAGUE

SECTION 1. A team shall be composed of seven players who shall be *bona fide* members of the clubs they represent. No player shall be allowed to play on more than one team in the same series during a season, except in a case of *bona fide* change of residence.

SEC. 2. The game shall be commenced and renewed by a face in the centre of the rink. Rink must be at least 112 feet by 58 feet. Goals shall be six feet wide and four feet high.

DEFINITION OF A FACE.

The Puck shall be faced by being placed between the sticks of two opponents, and the Referee then calling "play."

The goals shall be placed at least ten feet from the edge of the ice.

SEC. 3. Two half hours, with an intermission of ten minutes between, will be the time allowed for matches, but no stops of more than fifteen minutes will be allowed. A match will be decided by the team winning the greatest number of games during that time. In case of a tie after playing the specified two half hours, play will continue until one side secures a game, unless otherwise agreed upon between the captains before the match. Goals shall be changed after each half hour.

SEC. 4. No change of players shall be made after a match has commenced, except for reasons of accidents or injury during the game.

SEC. 5. Should any player be injured during the first half of the match and compelled to leave the ice, his side shall be allowed to put on a spare man from the reserve to equalize the teams; should any player be injured during the second half of the match the captain of the opposing team shall have the option of dropping a player to equa-

lize the teams or allow his opponents to put on a man from the reserve. In the event of any dispute between the captains as to the injured player's fitness to continue the game, the matter shall at once be decided by the referee.

SEC. 6. Should a game be temporarily stopped by the infringement of any of the rules, the captain of the opposite team may claim that the puck be taken back and that a face take place where it was last played from before such infringement occurred.

The rules copied above need no explanation, but section 7 is more involved.

SEC. 7. When a player hits the puck, any one of the same side, who at such moment of hitting is nearer the opponent's goal-line, is out of play and may not touch the puck himself, or in any way whatever prevent any other player from doing so, until the puck has been played. A player should always be on his own side of the puck.

This rule, though clear enough to a person who thoroughly understands the game, might be a little bothersome to one who does not. It means that whenever a man is nearer to his opponents' goals than one of his own team who has the puck, he is off-side, and that he may not touch the rubber until he is nearer to his own goals, i. e., farther from his opponents', in the direction of his own, than his assistant who has the puck, unless it has touched or been struck by an adversary, in which case he may secure it. When a man is off-side he is practically out of the game and until he gets or is got into the play, he may not touch the puck and must not purposely prevent an opponent from getting it, or obstruct his way.

The last clause in the rule is meant to prevent players from "lagging" off-side. When the puck has been lifted down the ice it is the duty of every forward towards whose goal the rubber has been sent, to follow up immediately and quickly, in order to place himself in play, and not lag in the middle of the rink until his defence men shall have returned it. The practice of "lagging" off-side is indulged in in order to gain a rest, but it renders the game slow and uninteresting and fosters off-side play.

SEC. 8. The puck may be stopped, but not carried or knocked on by any part of the body, nor shall any player close his hand on, or carry the puck to the ice in his hand. No player shall raise his stick

above the shoulder, except in lifting the puck. Charging from behind, tripping, collaring, kicking or shinning shall not be allowed, and for any infringement of these rules, the referee may rule the offending player off the ice for that match, or for such portion of actual playing time as he may see fit.

SEC. 9. When the puck goes off the ice or a foul occurs behind the goals it shall be taken by the referee to five yards at right angles from the goal line and there faced. When the puck goes off the ice at the sides it shall be taken by the referee to five yards at right angles from the boundary line and there faced.

SEC. 10. The goal keeper must not during play, lie, kneel or sit upon the ice, but must maintain a standing position.

SEC. 11. Goal shall be scored when the puck shall have passed between the goal posts from in front below an imaginary line across the top of posts.

SEC. 12. Hockey sticks shall not be more than three inches wide at any part.

SEC. 14. The puck must be made of vulcanized rubber, one inch thick all through and three inches in diameter.

SEC. 14. The captains of the contesting teams shall agree upon a referee and two umpires (one to be stationed behind each goal), which positions shall not be changed during a match, and two timekeepers. In the event of the captain failing to agree on umpires and timekeepers the referee shall appoint same.

SEC. 15. All disputes during the match shall be decided by the Referee, and he shall have full control of all players and officials from commencement to finish of matches, inclusive of stops, and his decision shall be final.

SEC. 16. All questions as to games shall be settled by the umpires, and their decision shall be final.

SEC. 17. In the event of any dispute as to the decision of an umpire or timekeeper, the referee shall have power to remove and replace him.

SEC. 18. Any player guilty of using profane or abusive language to any officials or other players shall be liable to be ruled off by the Referee, as per Section 8.

AMATEUR HOCKEY LEAGUE

SECTION 1. A team shall be composed of seven players who shall be *bona fide* members of the Clubs they represent. No player shall be allowed to play on more than one team in the same series during a season.

SEC. 2. The game shall be commenced and renewed by a face in the centre of the rink. Rink must be at least 112 by 58 feet. Goals shall be 6 feet wide and 4 feet high.

The Puck shall be faced by being placed between the sticks of two opponents, and the Referee then calling "play."

The goals shall be placed at least ten feet from the edge of the ice.

SEC. 3. Two 20-minute halves, with an intermission of ten minutes between, will be the time allowed for matches, but no stops of more than five (5) minutes will be allowed. A match will be decided by the team winning the greatest number of games during that time. In case of a tie after playing the specified two 20-minute halves, play will continue until one side secures a game, unless otherwise agreed upon between the captains before the match. Goals shall be changed after each half.

SEC. 4. No change of players shall be made after a match has commenced, except for reasons of accidents or injury during the game.

SEC. 5. Should any player be injured during the first half of the match and compelled to leave the ice, his side shall be allowed to put on a spare man from the reserve to equalize the teams; should any player be injured during the second half of the match, the captain of the opposing team shall have the option of dropping a player to equalize the teams or allow his opponents to put on a man from the reserve. In the event of any dispute between the captains as to the injured player's fitness to continue the game, the matter shall at once be decided by the referee.

SEC. 6. Should the game be temporarily stopped by the infringement of any of the rules, the captain of the opposite team may claim that the puck be taken back, and a face take place where it was last played from before such infringement occurred.

SEC. 7. When a player hits the puck, anyone of the same side, who at such moment of hitting is nearer the opponent's goal line is out of

play, and may not touch the puck himself or in any way whatever prevent any other player from doing so, until the puck has been played. A player should always be on his own side of the puck.

SEC. 8. The puck may be stopped, but not carried or knocked on by any part of the body, nor shall any player close his hand on or carry the puck to the ice in his hand. No player shall raise the sticks above the shoulder, except in lifting the puck. Charging from behind, tripping, collaring, kicking or shinning shall not be allowed, and for any infringement of these rules, the referee may rule the offending player off the ice for that match, or for such portion of actual playing time as he may see fit.

SEC. 9, of the "Laws of Hockey," is as follows:—In the event of any off-side play, puck, foul or puck out of bounds, within five (5) yards of the goal line, the puck shall in all cases be faced on the five (5) yard line, at a point at right angles to the goal line, opposite the spot where the foul, off-side play, or out of bounds occurred. Except, when such foul, off-side, or out of bounds occurs within three (3) yards of the side of the rink, in which case the puck shall be faced on the five (5) yard line at a point (3) yards from the side of the rink."

SEC. 10. The goal keeper must not during the play, lie, kneel or sit upon the ice, but must maintain a standing position.

SEC. 11. Goal shall be scored when the puck shall have passed between the goal posts from in front.

SEC. 12. Hockey sticks shall not be more than three inches wide at any part.

SEC. 13. The puck must be made of vulcanized rubber, one inch thick all through and three inches in diameter.

SEC. 14. The captains of the contesting teams shall agree upon a referee and two umpires (one to be stationed behind each goal), which positions shall not be changed during a match, and two timekeepers. In the event of the captains failing to agree on umpires and timekeepers the referee shall appoint same.

SEC. 15. All disputes during the match shall be decided by the referee, and he shall have full control of all players and officials from the commencement to finish of matches, inclusive of stops, and his decision shall be final.

SEC. 16. All questions as to games shall be settled by the umpires, and their decision shall be final.

SEC. 17. In the event of any dispute as to the decision of an umpire or timekeeper, the referee shall have power to remove and replace him.

SEC. 18. Any player guilty of using profane or abusive language to any officials or other players shall be liable to be ruled off by the referee, as per section 8.

SEC. 19. A goal net shall be used.

ONTARIO HOCKEY ASSOCIATION

RULE I.

Game.—The game is played on ice by teams of seven on each side, with a puck made of vulcanized rubber, one inch thick all through and three inches in diameter.

RULE II.

Sticks.—Hockey sticks shall not be more than three inches wide at any part and not more than thirteen inches long in the blade.

RULE III.

Goals.—A goal is placed in the middle of each goal line, composed of two upright posts four feet in height, placed six feet apart and at least five feet from the end of the ice. The goal posts shall be firmly fixed. In the event of a goal post being displaced or broken, the referee shall blow his whistle and the game shall not proceed until the post is replaced.

RULE IV.

Match.—Each side shall have a captain (a member of his team) who, before the match, shall toss for choice of goals. Each side shall play an equal time from each end. The duration of championship matches shall not be less than one hour,

exclusive of stoppages. The team scoring the greater number of goals in that time shall be declared the winner of the match. If at the end of that time the game is a draw, ends shall be changed and the game continued for ten minutes, each side playing five minutes from each end with a rest of five minutes between, and if neither side has then scored a majority of *games, similar periods of ten minutes shall be played in the same way until one side shall have scored a majority of goals.

RULE V.

Timekeepers.—Timekeepers shall be appointed, one by each captain, to keep the time during match.

RULE VI.

Referee.—There shall be only one referee for a match, and in no case shall he belong to either of the competing clubs. He shall enforce the rules, adjudicate upon disputes or cases unprovided for by rule, appoint the goal umpires, control the timekeepers, keep the score, and at the conclusion of the match declare the result. The puck shall be considered in play until the referee stops the game, which he may do at any time, and which he must do at once when any irregularity of play occurs, by sounding a whistle. His decision shall be final.

RULE VII.

Score.—A goal shall be scored when the puck shall have passed between the goal posts from in front and below an imaginary line drawn across the tops of the posts.

RULE VIII.

Goal Umpires.—Goal umpires shall inform the referee when a goal is scored. Their decisions shall be final.

RULE IX.

Face.—The game shall be started and renewed by the referee calling "play," after having placed the puck on its larger surface on the ice, between the sticks of the two players, one from

* See note by editor on page 67.

each team, who are to face it. After a goal has been scored the puck shall be placed on the centre of the ice.

RULE X.

Off-Side.—A player shall always be on his side of the puck. A player is off-side when he is in front of the puck, or when the puck has been hit, touched or is being run with, by any of his own side between him (*i. e.*, between himself and the end of the rink near which his goal is placed). A player being off-side is put on-side when the puck has been hit by, or has touched the dress or person of any player of the opposite side, or when one of his own side has run in front of him, either with the puck or having played it when behind him. If a player when off-side plays the puck, or annoys or obstructs an opponent, the puck shall be faced where it was last played before the off-side play occurred.

RULE XI.

Knocking-on.—The puck may not be stopped with the hand except by the goal-keeper (see Rule XIV.), but may be stopped, but not carried or knocked on by any other part of the body.

RULE XII.

Charging, Tripping, Etc.—No player shall raise his stick above his shoulder. Charging from behind, tripping, collaring, kicking, cross-checking or pushing shall not be allowed. And the referee must rule off the ice, for any time in his discretion, a player who, in the opinion of the referee, has deliberately offended against the above rule.

RULE XIII.

When the Puck Leaves the Ice.—When the puck goes off the ice behind the goal line it shall be brought out by the referee to a point five yards in front of the goal line, on a line at right angles thereto, from the point at which it left the ice, and there faced. When the puck goes off the ice at the side, it shall be similarly faced three yards from the side.

RULE XIV.

Goal-keeper.—The goal-keeper must not during play, lie, sit or kneel upon the ice; he may, when in goal, stop the puck with his hands, but shall not throw or hold it. He may wear pads, but must not wear a garment such as would give him undue assistance in keeping goal. The referee must rule off the ice, for any time in his discretion, a player who, in the opinion of the referee, has offended deliberately against this rule.

RULE XV.

Change of Players.—No change of players shall be made after a match has commenced, except by reason of accident or injury during the game.

RULE XVI.

Injured Player.—Should any player be injured during a match, break his skate, or from any other accident be compelled to leave the ice, the opposite side shall immediately drop a man to equalize the teams. In the event of any dispute the matter shall at once be decided by the referee.

RULE XVII.

Stoppages.—Should the game be stopped by the referee by reason of the infringement of any of the rules, or because of an accident or change of players, the puck shall be faced at the spot where it was last played before such infringement, accident or change of players shall have occurred.

ICE POLO

Ice polo is said to be a development from shinney, but as it is played almost exclusively in New England, and especially in and about Boston, it would seem nearer correct to credit its origin to the great and popular game of roller polo, which is played very extensively by leagues of professional clubs in Boston, Fall River, Providence, Salem, Pawtucket, New Bedford, Lynn, Worcester and many other Eastern towns.

The game is frequently and erroneously referred to as American ice hockey by Canadians and those in this country who are unacquainted with either game. In the method of play there is a vast difference in the two games (ice hockey and ice polo), though in the object sought there is a great similarity.

In ice polo a ball is used instead of a puck, and a much heavier and stouter stick is employed, but the cardinal point wherein these sports differ, is the absence of any rule forbidding off-side play in ice polo and the almost universal one-handed use of the ice polo stick. Consequently ice polo is a more open game, the field of players being continually separated and the tries-for-goal being made from passes from unlimited directions.

Five men constitute an ice polo team, as follows: One goaltend, one half-back, one centre and two rushers. The rushers must be rapid skaters, adepts in dribbling and passing, as well as accurate goal shots. They are called upon to shoot the ball at the goal when it is shot to them at its swiftest, from one of their own team. The centre is a support for the rushers, and either tries for goal himself or passes the ball to the most available rusher. Generally these three men carry the ball

down the rink in a triangular formation, equilateral or with the base of the triangle from the opposing goal, thus allowing of continual passing, one to the other, when the man carrying the ball is opposed. The half-back should be the most robust man of the team, as he must block his opponent's rushes, being the first defense man they meet in the run toward the goal they attack. His is a most difficult position, as he must also intercept the majority of the tries for the goal which he defends. The goal-tend must be a cool but active player. He should rarely leave his station and never except in the case of a great emergency,

RULES FOR ICE POLO

1. Each team shall consist of five plays, as follows: one goal-tend, one half back, one centre, two rushers.

2. The distance from goal to goal shall be 150 feet. The goal shall be four feet wide.

3. The regulation Spalding Rubber Covered Polo Ball shall be used exclusively.

4. The sticks shall not exceed four feet in length nor one and one-fourth inches in diameter. Sticks shall have no material of any kind on them more than one foot from the top. No stringing of any kind is permissible.

5. The Referee shall examine the sticks of each player before the game begins.

6. Each Goal Umpire shall make a mark in some way on the goal tender eighteen inches from the ice, so that it may be seen plainly.

7. Time shall be taken out from the moment after a goal is made and the ball is placed in the centre to the moment when the sides are lined up ready to rush.

8. The time between halves shall not exceed ten minutes.

9. After each goal the ball shall be placed in the centre.

10. The Referee shall place the ball in the centre of the field between the two goals, and when both teams are lined up in their respective places, shall give the signal for play to begin.

11. In case of a skate coming off, or a serious accident, the Referee shall call time and deduct time accordingly. Time shall not be called because a player drops or otherwise loses control of his stick.

12. No time exceeding five minutes shall be taken out for skate coming off or serious accident.

13. At the end of first half the sides shall change goals.

14. When time is called owing to loss of skate or serious injury, each player shall remain exactly where he was at the moment when time was called, and shall not move so that he cannot resume his exact location, until the Referee calls play.

15. In case of a tie the contesting teams shall play not to exceed ten minutes until one side makes a goal.

16. Should time be lengthened in above manner, in case of a serious accident or skate coming off, play must be resumed within two minutes.

17. A forfeited game shall count three goals to the side to whom the game is forfeited; nothing being allowed the opposite side.

18. For every three fouls which a side makes one goal shall be deducted.

19. A goal shall be considered as three (3) points.

20. In case of tie, the side which has made fewest fouls shall be declared the winner.

21. A postponed game or a tie game shall be played off as soon as the weather permits.

22. A goal is made by passing the ball over a straight line connecting the two elements of the goal at height from the ice of not more than eighteen inches.

23. There shall be two 20-minute halves.

24. It shall constitute a foul (1) if any player touches the ball with his hand; (2) if any player blocks off or holds; (3) if any player purposely trips another player; (4) if any player throws his stick at the ball; (5) if any player goes within the Goal-Tender's circle; (6) if any player kicks the ball into the goal; (7) if any player strikes the ball while his skate is off; (8) if any player drives the ball through the goal from the rear;

(9) if any player strikes the ball while any portion of his body is in contact with the ice.

25. The Goal-Tender's circle shall include the ice within a radius of two feet from the centre of the goal.

26. The duties of the Umpires shall be to decide if the ball goes within the required goal limits.

27. The duties of the Referee shall be to have general charge of the ball, to call time and to declare the fouls.

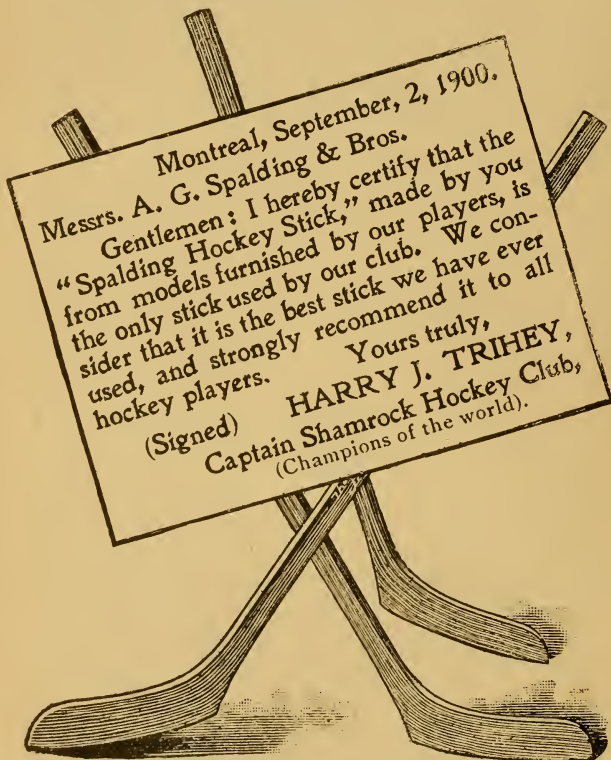
The decision of the Referee shall be final, and any club refusing to play the game out shall lose the game.



The Spalding Hockey Sticks

"Championship Model"

have the endorsement of the Shamrocks, the champions of the world, and are used by all the leading players of the United States and Canada.



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NEW YORK CHICAGO DENVER
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The Spalding Hockey Sticks

THE Spalding Hockey Stick, "Championship Model." is made of the finest selected Canadian Rock Elm from patterns furnished by the famous "Shamrock Hockey Team," champions of the world. The "Spalding Stick" is used exclusively by them in all their matches.

These Sticks will not fray at the bottom where the sticks come in contact with the ice, and will retain their shape under all conditions. The very important matter of weight and balance has been carefully considered, and the "Spalding Stick" is much lighter, yet stronger, than any on the market. Forward and Defence sticks on hand at all times.

No. 0X. Each, 75c.

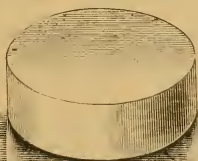
The Spalding "Standard" Hockey Stick, made of selected material, and on same lines as our Championship Stick.

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The Spalding "Practice" Hockey Stick, good quality.

No. XX. Each, 25c.

The Spalding Official Hockey Puck



Adopted as the
Official Puck of
"The Canadian
Amateur Hockey
League."

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PECK & SNYDER'S HOCKEY SKATES

"P. & S. EXPERT" HOCKEY SKATE

Modeled after skates in use by the best Hockey players in the United States and Canada.



No. 8J

The brackets on all of our Hockey Skates are of extra quality steel and warranted not to break.

Canadian Hockey Pattern: Designed after models submitted by the leading hockey players. Finest quality hardened and tempered welded steel runners, extra heavy electro-nickel-plated and highly polished. Each pair in box. Sizes 10 to 11½ inches.

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Canadian Hockey Pattern. Finest quality welded steel runners, carefully hardened and tempered. Each pair in paper box. Sizes 10 to 11½ inches.

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Half clamp fastenings, button heels, highly tempered and hardened, welded steel runners, handsomely nickel-plated and buffed throughout. Each pair in paper box. Sizes 10 to 11½ inches.

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No. 6H



No. 7H

Full clamp fastenings, highly tempered and hardened, welded steel runners, finely nickel-plated throughout and buffed. Each pair in paper box.

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American Club Lever-fastenings, highly tempered and hardened, welded steel runners. Entire skate handsomely nickel-plated and buffed. Each pair in paper box. Sizes 10 to 11½ inches.

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No. 3H



No. 2H

American Club Lever Fastenings, best cold rolled steel runners, nickel-plated throughout. Each pair in paper box. Sizes 10 to 11½ inches.

No. 2H.. Per pair, \$2.50

American Club Lever Fastenings, best cold rolled steel runners, highly polished. Bright finish. Each pair in paper box. Sizes 10 to 11½ inches.

No. 1H. Per pair, \$1.50



No. 1H.

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SANDOW'S LATEST PATENT SPRING-GRIP DUMB-BELL



EUGENE SANDOW

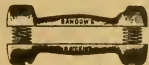
This appliance is very simple and may be described in a few words. It consists of a dumb-bell made in two halves separated about an inch from one another, the intervening space being occupied by two, three, four or five steel springs. When exercising the springs are compressed by gripping the bells and bringing the two halves close together, in which position they are kept until the "exercise" is over. The number of springs can be increased and, consequently, the power necessary to keep the two halves together can be varied to any extent. Force is equivalent to weight, consequently the necessity of buying a series of different weights is obviated by the use of stronger springs. The springs may be quickly taken out or put in.

It is not the weight of the bell that produces development, health and strength; it is the energy and will-power expended while using it.

The Sandow Spring Dumb-Bell compels the use of energy and will-power, which can be regulated from weak to strong by arranging the springs. These dumb-bells are specially prepared and adapted for both young and old. Complete with chart of exercises drawn up by Sandow after much experience and consideration, and with full instructions for use.

I, myself, use the Spring-Grip Dumb-bells daily and consider them superior to any one device for home physical culture.

Eugene Sandow



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No. 1.



Youths'

No. 4.

CHILDREN'S BELLS—Weight, about $\frac{3}{4}$ -lb. each. Two light springs in each bell. Pair, complete in box, with chart of exercises.

No. 1. Nickel-plated. Per pair, \$1.25



Girls'

No. 2.



Ladies'

No. 5.

GIRLS' BELLS—Weight, about 1-lb. each. Three light springs in each bell. Pair, complete in box, with chart of exercises.

No. 2. Nickel-plated. Per pair, \$1.75



Boys'

No. 3.



Men's

No. 6.

BOYS' BELLS—Weight, about 1-lb. each. Four light springs in each bell. Pair, complete in box, with chart of exercises.

No. 3. Nickel-plated. Per pair, \$1.75

YOUTHS' BELLS—Weight, about 2-lbs. each. Two light and three strong springs in each bell. Pair, complete in box, with chart of exercises.

No. 4. Nickel-plated. Per pair, \$2.50

LADIES' BELLS—Weight, about 2-lbs. each. Five light springs in each bell. Pair, complete in box, with chart of exercises.

No. 5. Nickel-plated. Per pair, \$2.50

MEN'S BELLS—Weight, about 3-lbs. each. Two light and three strong steel springs in each bell. Pair, complete in box, with chart of exercises.

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The Spalding
AUTHENTICITY

"HIGHEST QUALITY" SWEATERS are made of the very finest Australian lamb's wool, and are exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight.



The Spalding
AUTHENTICITY

We call special attention to the "Intercollegiate" grade, which was originally made by special order for the Yale football eleven and are now exclusively used by all Intercollegiate players. They are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

- No. A. "Intercollegiate," special weight, \$6.00
No. B. Heavy Weight, - - - - - 5.00
No. C. Standard Weight, - - - - - 4.00

Colors: White, Navy Blue, Black and Maroon. Other colors to order at an advanced price. Prices on application.
All made with 10-inch collars; sizes, 28 to 44.

STRIPED SWEATERS

Same quality as our No. B. Sizes, 32 to 42 inches. Colors: Red and Black, Navy and Red, Orange and Black, Navy and White. Stripes 2 inches wide.

No. 8S, Each, \$5.50

Any other combination of colors to order, only at an advanced price.

RIBBED SWEATERS



Following colors only: White, Maroon, Navy Blue and Black.

Our No. 9 Sweater is made of pure wool, full shaped to body and arms. It is guaranteed superior to any sweater of equal price. Guaranteed absolutely all wool. Sizes, 26 to 44.

No. 9. Medium weight, \$1.60

Our No. 11 is not all wool, but contains more of it than most sweaters usually sold as all wool sweaters at a high price. Colors: White, Black, Navy, and Maroon. Sizes, 32 to 44.

No. 11. Medium weight, in Black, Navy, and Maroon only. Each, \$1.25

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We introduce this season a line of sweaters to fill a demand for as heavy a weight as our "Highest Quality" grade, but at a lower price, and after much experimenting, we are in a position to offer this line in the following colors only: Black, Navy Blue, Maroon or White, as follows:

- No. 1. Same weight as No. A, \$5.00
No. 2. Same weight as No. B, 4.00
No. 3. Same weight as No. C, 3.00
Sizes, 30 to 44.

STRIPED SWEATERS

Same quality as No. 3. Sizes, 32 to 42, in following colors: Red and Black, Navy and Red, Orange and Black, Navy and White.

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Stripes 2 inches wide, in above combinations of colors only.

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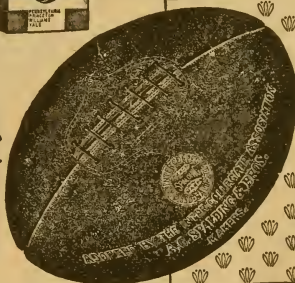
SPALDING'S FOOT BALL GOODS

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Used exclusively
by all the leading
Universities,
Colleges and Athletic
Associations in the
United States and
Canada

Official Inter- Collegiate Foot Ball



WE have spared no expense in making this ball perfect in every detail, and offer it as the finest Foot Ball ever produced. Each ball is thoroughly tested, packed in a separate box and sealed, so that our customers are guaranteed a perfect ball inside when same is received with seal unbroken. A polished brass Foot Ball Inflator and Lacing Needle will be packed with each Intercollegiate Foot Ball without extra charge. Used exclusively in all match games between the leading colleges.

^B in all match games between the leading Colleges.

No. J5

PRICE
COMPLETE

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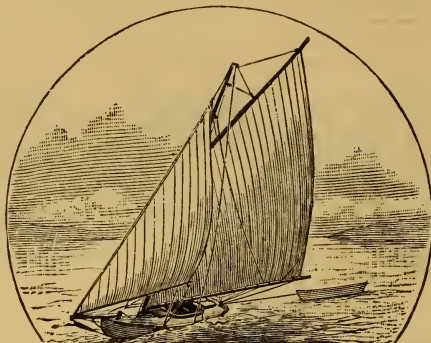
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- NO. 5. WOOD AND CANVAS CANOES.
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OGDENSBURG, N. Y.

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THE MOLINE PLATFORM

Endorsed by the Leading
Professional Bag
Punchers

No. 1
MOLINE PLATFORM
\$10.00

Bag is not included in above price.
See list of bags on preceding pages.

THE most delightfully exhilarating indoor exercise is unquestionably that of vigorously punching a light, air-inflated bag against a reliable, responsive disc. It has, unfortunately, been deterred from occupying its proper place as a home exercise by its unwieldy size, weight and general unsuitability of the ordinary gymnasium disc and its many useless substitutes.

Our Moline Platform is adjustable in height, readily attached to any wall, and the side bracket so arranged that it touches three rows of studding.

Neat in design and handsomely finished, it in no way detracts from the appearance of the room, does not obstruct the light, and overcomes many other objectionable features of the old style disc usually costing double the price.

The new and exclusive feature in this platform offers a wide range of clever combinations and scientific work. Each platform is supplied with everything necessary for attaching to wall, and crated ready for shipment.

**Spalding's
Special
Platform
No. 2**

MADE of selected material, substantially constructed and durable. The necessary screws and bolts for quickly setting up sent with each platform

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Spalding's Official Indoor Base Ball, horsehide cover. Made in exact accordance with League regulations and adopted by the National Association of Indoor Base Ball Leagues. Guaranteed to last a game

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Sheepskin cover, otherwise the same as "Official Ball."

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Well padded. Straps to go over shoulders and around waist.

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Heavily padded with sheepskin. Prevents bruised and dislocated knee caps.

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Made of selected second growth hickory. Handle wrapped with electric tape to prevent slipping.

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Made of selected hickory, with rubber ball at end to prevent slipping from the hands.

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Indoor Canvas Bases, 10-oz. duck, unfilled.

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INDOOR BASE BALL UNIFORMS

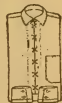
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Amateur Special Shirt
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Amateur Special Uniform, complete, \$5.00

Price to clubs ordering for team, Suit, \$4.00



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High Cut, best grade Canvas Shoe, rubber sole.

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Colors: White, Navy, Black, Maroon and Royal blue. Sizes, 26 to 42 inches.



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Best Worsted, full fashioned, stock colors.

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Full Tights, full fashioned, stock colors.

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Full Tights, full fashioned, Navy, Black, Maroon.

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Full Tights, full quality Cotton, White, Black and Flesh.

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Y. M. C. A. Trousers

Regulation Style.

No. 4. Flannel, medium quality. Pair, \$1.75

No. 3. Flannel, good quality. " \$2.50



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Best Worsted, Black, Maroon, Navy and White.

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The Spalding "Official" Basket Ball

Messrs. A. G. Spalding & Bros.

Dear Sirs—I am authorized to inform you that the Governing Committee of the Athletic League has decided to adopt your basket ball and goal as the official basket ball and goal for the coming year, and also to request you to publish the official basket ball rules.

I am,

Sincerely yours,

Lucius Miller



Officially adopted and must be used in all match games. The cover is made in eight sections, with capless ends and of the finest and most carefully selected pebble grain leather. The bladder is made specially for this ball, of extra heavy and purest Para rubber. Each ball packed, complete, in sealed box, and guaranteed perfect in every detail.

The Spalding "Official" Basket Ball.
No. M. Each, \$5.00

Extra Bladders
No. OM. For above: Each, \$1.25



The Spalding Regulation Basket Ball
Regulation size, fine leather cover, with capped ends.
No. 16. Each, \$3.50

Practice Ball

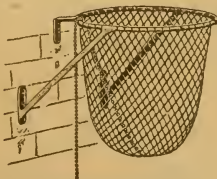
Selected leather cover, regulation size.
No. 18. Each, \$2.00

Extra Bladders

No. 27. For above bags. Each, 80c.



Spalding's Official Basket Ball Goals

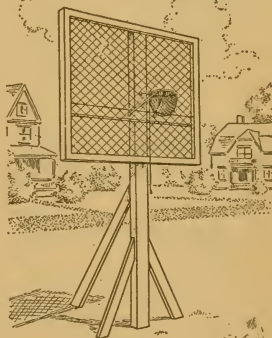


No. 80. Per pair, \$4.00

Outdoor Goals

Outdoor Basket Ball Goals, Uprights and Net Frame. Designed for lawns, schoolyards, outdoor gymnasiums and playgrounds. Everything complete for setting up.

No. 160. Per pair, complete, \$30.00



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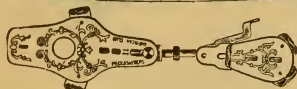
DENVER.

PECK & SNYDER'S AMERICAN CLUB SKATES



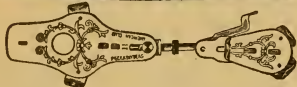
Heel and toe plates of highest quality cold rolled steel, with bevel edges. Runners of best welded tool steel, tempered and edges beveled. Toe and heel plates handsomely engraved. The whole skate highly polished, nickel-plated and buffed. Each pair in paper box. Sizes 8 to 12 inches.

No. 4. Per pair, \$4.00



Same style and finish as No. 4, but has ribbed runners.

No. 5. Per pair, \$5.00



Heel and toe plates of best quality cold rolled steel. Finest grade welded tool steel runners, tempered and edges beveled. Engraved toe and heel plates. Entire skate nickel-plated and buffed. Each pair in paper box. Sizes 8 to 12 inches.

No. 2. Per pair, \$3.00



Welded tool steel runners, hardened and tempered, nickel-plated and buffed throughout. Each pair in paper box. Sizes 8 to 12 inches.

No. 4-0. Per pair, \$2.50



Welded steel runners, hardened and tempered. Other parts cold rolled steel. Bright finish. Each pair in paper box. Sizes 8 to 12 inches.

No. 3-0. Per pair, \$1.75



Foot rests, clamps, etc., of finest steel. The runners of best cold rolled steel. Each pair paper wrapped. Sizes 8 to 12 inches.

No. 00. Full nickel-plated. Per pair, \$1.00

No. 0. Bright finish. .75

Peck & Snyder's New Racing and Speed Skate



No. G

Screw Heel, with Toe Straps.

16 and 18 inch blades, in sizes 10, 10½, 11, and 11½. All steel; no wood tops to split or give way. Tool steel blades highly tempered, 1-16 inch wide. All nickel-plated and polished. The strongest and speediest racer made.

No. G. Per pair \$3.50

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THE SPALDING "H. VARDON" GOLF CLUBS

A. G. SPALDING & BROS., EXCLUSIVE MAKERS

THE "H. VARDON" clubs represent the perfection of workmanship in golf clubs. The styles of the clubs are exact duplicates of the set of clubs with which Mr. Vardon has three times won the open championships of the world.

**Brassie
Mid-iron
Putting
Cleveland
Driving-
iron
Twisted-
neck-Putter**

The "H. Vardon" clubs will be inspected under Mr. Vardon's supervision and great care will be exercised in having each club with the proper balance, the spring of the shaft where it ought to be, and the "lie" of the club perfect. The finish will be of the very best, and we will guarantee every club stamped with the fac-simile of his signature.

Harry Vardon

"H. Vardon" Drivers
and Brassies

\$2.50

MR. VARDON has given us his own models to copy, and has expressed himself as more than satisfied with our work. The clubs that he is using now we made for him, and he says they are the best he has ever played with. Certainly with them he has broken the record of every course he has so far played on in the United States.

In addition to the above we also make a Driver and Brassie with a little larger head. Mr. Vardon himself uses a very small head in both Driver and Brassie, but the ordinary player may prefer a little larger head, so we have made the same style exactly, increasing the size of it slightly, an addition to his styles, of which Mr. Vardon cordially approves.

**Driver
Cleveland
Light-iron
Mashie-
iron
Mashie
Driving
Mashie**

"H. Vardon"
Irons

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SPALDING'S FOOT BALL GOODS



FOOT BALL JACKETS

Jacket, extra quality, made of special heavy white duck, sewed with the best and strongest lining, hand-made eyelets, with sleeves.

Jacket, standard quality, made of good white canvas, substantially made, with sleeves.

No. 1. Each, 75c.

Jacket, same as our No. 1, without sleeves.

No. 1S. Each, 60c.

No. X. Foot Ball Jackets. Each, 50c.

No. XS. Foot Ball Jackets, sleeveless. Each, 50c.



FOOT BALL PANTS

CANVAS

Foot Ball Pants, extra quality, lace front, made of special heavy white duck, padded both in front and rear, and heavily padded on hips and knees.

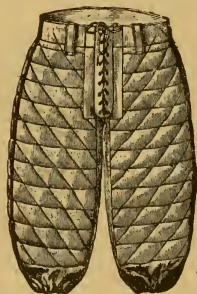
No. OP. Per pair, \$1.75

Foot Ball Pants, standard quality, lace front, made of good weight of white canvas, and well padded throughout.

No. 1P. Per pair, \$1.50

Foot Ball Pants, heavy drill, well padded.

No. XP. Per pair, 80c.



FOOT BALL PANTS

MOLESKIN

Intercollegiate Foot Ball Pants, lace front, made of the finest and most serviceable drab moleskin, manufactured expressly for the purpose. The hips and knees are heavily padded with fine curled hair, and the thighs with light wadding.

No. OO. Per pair, \$4.50

Foot Ball Pants, lace front, made of good grade and weight of moleskin, padded throughout and extra padding at hips and knees.

No. OM. Per pair, \$3.00

Spalding's Special Khaki Cloth Foot Ball Clothing

This material, Khaki Cloth, adopted by the war departments of both Europe and America, is the strongest, lightest and most durable material made. It makes an ideal foot ball garment, and we are making these goods up in both jackets and pants.

We are interlining the pants at the knees, between the cloth and the padding, with a waterproof lining, so that it is impossible for any moisture to reach the knees. This will be greatly appreciated by foot ball players everywhere.

No. KP. Khaki Cloth Trousers. Per pair, \$2.50

No. KJ. Khaki Cloth Jackets, sleeveless. Each, 1.00

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SPALDING'S BOXING GLOVES



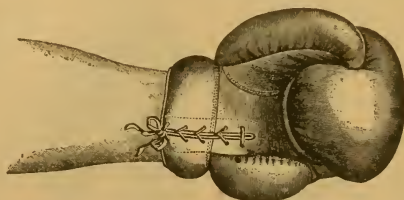
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SPALDING'S
SPECIAL
"CLUB"
GLOVE

PATENTED



No. 120



THE "CLUB" BOXING GLOVES are made after the same general design as our "Championship" Glove, with the addition of an entirely new idea (which has been patented and is controlled by us) for the protection of the thumb, consisting of an open pocket in the end of the glove where the thumb naturally rests when the hand is closed in the glove, thus giving absolute protection to the thumb when boxing. The wrists are padded, and the glove is made in such a way that a perfect pad for the heel of the hand is provided. Each glove has the celebrated Graham grip. The leather is very fine and of superior quality. The filling is of the best curled hair obtainable and the workmanship of the highest grade. We commend this glove as one that can be used without any chance of injury to the thumbs, hands or wrists. Each glove is thoroughly examined, and they are packed one set of four gloves in a box.

The "Club" Boxing Glove, 8 oz., very soft. The glove for Instructors and Amateurs.
No. 120. Per set of four, \$7.00

Same as No. 120, except with Laced Wristband.
No. 121. Per set of four, \$7.00

The "Club," Professional Size, Laced Wristband, 5 oz.
No. 122. Per set of four, \$7.00

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SPALDING'S BOXING GLOVES



No. 11. Corbett Pattern

Corbett Pattern, 5 oz. regulation gambia tan leather, padded with best curled hair, laced and padded wristband.

No. 9. Per set, \$4.00

Corbett Pattern, gambia tan leather, well padded with hair, laced wristband..

No. 11. Per set, \$4.50

Corbett Pattern, soft olive tanned leather, well padded with hair, laced wristband.

No. 13. Per set, \$4.00



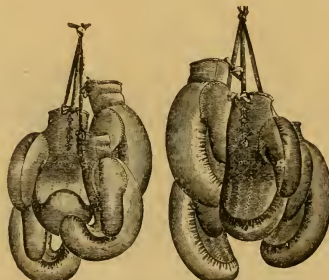
No. 13 Corbett Pattern

Corbett Pattern, soft olive tanned leather, well padded with hair, laced wristband.

No. 15. Per set, \$3.50

Corbett Pattern, soft craven tan leather, well padded with hair.

No. 19. Per set, \$2.75



No. 15. Corbett Pattern

No. 23. Regular Pattern

Corbett Pattern, light colored soft tanned leather, nicely padded with hair, laced wristband.

No. 21. Per set, \$2.00

Regular Pattern, light colored soft tanned leather well padded with hair laced wristband.

No. 23. Per set, \$1.75



No. 35.
Corbett Pattern

Youths' Championship Glove, Corbett Pattern, fine quality olive tanned leather, extra well finished and double stitched.

No. 40. Per set, \$3.00

Youths' size, Corbett Pattern, soft craven tan leather, well padded laced wristband.

No. 35. Per set, \$2.00

Youths' size, Corbett Pattern, soft tanned leather, laced wristband

No. 30. Per set, \$1.75

Youths' size, regular pattern, soft tanned leather, laced wristband.

No. 25. Per set, \$1.25



No. 25.
Regular Pattern

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